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Alberta Nutritious Food Basket Price Report November 1998

Alberta
AGRICULTURE, FOOD AND
RURAL DEVELOPMENT

Production Economics and
Statistics Branch

Alberta Nutritious Food Basket Price Report - November 1998

Table of Contents

Table of Contents i

Introduction and Methodology iii

Nutrition Tips
- Tips for Saving Food Dollars 1
- How to Store Fresh Vegetables 2
- Searching for Super Snack 3

Weekly Average Cost of Nutritious Food Basket for November 5, 1998

-Blairmore 4

-Cardston-Glenwood 5

-Lethbridge 6

-Milk River 7

-Pincher Creek 8

-Raymond 9

-Warner 10

-Drumheller 11

-Didsbury 12

-Hanna 13

-Strathmore 14

-Three Hills 15

-Calgary 16

-Ponoka 17

-Red Deer 18

Table of Contents (continued)

-Rimbey..... 19

-Edmonton..... 20

-Cold Lake..... 21

-Elkpoint..... 22

-Fort Saskatchewan..... 23

-Lac La Biche..... 24

-Redwater..... 25

-Smoky Lake..... 26

-St. Paul..... 27

-Two Hills..... 28

-Vegreville..... 29

-Edson..... 30

-Grande Prairie..... 31

-High Level..... 32

-La Crete..... 33

Appendix A - Contents of the Alberta Nutritious Food Basket 1998..... 34

Appendix B - Weekly Quantities of Food Required for Specified Age-Gender Groups... 35

Introduction and Methodology

Alberta Nutritious Food Basket Price Report - November 1998

What is a Nutritious Food Basket?

A nutritious food basket is a food costing tool that is a measure of the cost of healthy eating based on current nutrition recommendations. They have been used in Canada for half a century to assess the cost of an adequate diet in both health and social service contexts. Canada's oldest food costing resource has been in use by the Montreal Diet Dispensary since 1948. The federal government became involved in food costing in 1974. Most recently this was done by Agriculture and Agri-Food Canada who developed and priced the Nutritious Food Basket and the Thrifty Nutritious Food Basket. These food baskets provided benchmark costs for feeding 23 age and gender groups in 18 cities across the country until 1995. Since then a national food basket, revised to reflect current nutrition recommendations and food purchase patterns, was developed by Health Canada. The Alberta Nutritious Food Basket was developed from these standards and revised to reflect Alberta requirements.

Objective of the Survey

The purpose of the survey is two-fold:

a) ***In the agri-food sector:*** To establish a benchmark series of nutritious food basket prices for several communities across Alberta similar to the Edmonton data series that has been in existence since April 1995. It is envisaged that, over time, the survey will increasingly provide accurate and reliable regional benchmark data on nutritious food basket prices, and total food costs, for use in business analysis and planning.

b) ***In the health care services sector:*** To provide data for use in programs involving food security issues, prenatal nutrition programs, programs for people with special nutrition needs, general nutrition education and policy, planning and advocacy work.

Data Collection

By partnering with Alberta regional health authorities, Alberta Agriculture, Food and Rural Development has been able to collect data in a total of 55 communities over the nine occasional surveys conducted since early 1996, with the number of participating communities changing in each survey.

Regional health authority representatives, all of whom are either registered dieticians or nutritionists, are responsible for collecting the prices at the grocery retail outlets in their communities. Those who are unable to collect the data themselves, utilize the services of trained volunteers and student interns to do the collection. Due to this arrangement, the survey is very economical, and costs very little to the Alberta tax payer.

Publication of the survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Specifically, the relevant section of the Act reads as follows:

> ***no person who has been sworn under section 6 shall disclose or knowingly cause to be disclosed, by any means, any information obtained under this Act in such a manner that it is possible from the disclosure to relate the particulars obtained from any individual return to any identifiable individual person, business or organization.***

The Act, therefore requires that all information gathered in the food price survey be kept confidential. To meet this requirement, food costs shown in this report represent weighted average prices of several retail stores, gathered on the same day. These prices have been converted to a unit price per food category and then multiplied by the number of units required to meet nutrient needs for each age-gender group to determine the weekly average food costs. The weekly average food costs shown by age-gender group provide a series of benchmark food costs for several communities and areas across Alberta, and cannot be directly related to store prices in any community.

Comparisons

Now that we have data on nine dates spanning three years for 55 communities throughout Alberta, we can make some comparisons for those communities which have participated in all nine surveys. Of the 30 communities collecting prices in this ninth survey, 28 of these communities had priced in at least one other of the nine surveys. Two of the communities which participated in this survey were pricing for the first time, namely Warner and La Crete. It is important to note that these food costs should not be used as a tool for comparing one community with another, but rather to compare costs of a given community over time.

Factors in Selecting the Food Basket

Analysing the cost of a nutritious food basket is complex. It is not simply a matter of pricing a list of foods in various retail stores. Developing a realistic basket of foods involves balancing several important factors:

- Quantities of food must meet nutrient needs.
- The basket must reflect the food consumption patterns for most of the population in the geographic area.
- Tracking food prices over time means that the foods selected must be available in all the stores, all the time.
- Limitations on the resources (time, money) of those gathering price data.

These factors put limitations on the brand names, package sizes, and types of fresh foods chosen for the basket. In several instances, foods were selected for pricing that would represent a group of foods, so that users could substitute another similar food and be reasonably confident that the cost and the nutritive value would be much the same. For example, canned corn represents all

canned vegetables, and oatmeal cookies represent dessert-type bakery products. We recognize that some foods included in the basket may not be the most nutritious or most economical choice a shopper could make, but they reflect the realities of consumption patterns. Sometimes the quantities of food may not reflect individual eating patterns, but the quantities are consistent with Canada's Food Guide to Healthy Eating. Nutrient Quality and Quantities of food were calculated based on the numbers of servings recommended by the guide. A detailed calculation was done for several key nutrients such as calcium and vitamin C to ensure that the basket would meet basic nutrient requirements.

Calculating the Dollars Needed for Each Age-Gender Group

The nutritious food basket is a list of foods which can be priced to estimate the cost of feeding up to 23 age-gender groups and a reference family of four (a man and woman each aged 25 to 49 years, a boy 13 to 15 years of age, and a girl 7 to 9 years old). For each age-gender group and for the reference family of four, we calculated the number of units needed to meet nutrient needs, then multiplied by the unit price for each food category in the basket. We made no assumptions regarding "economy of scale" nor have we factored in any margins for food spoilage or waste.

About the Appendices

Appendix A lists the foods selected for the Alberta Nutritious Food Basket.
Appendix B lists the quantities of foods needed by each age-gender group.

For More Information

Maureen Wenger, Research Assistant with Alberta Agriculture, Food and Rural Development, is responsible for all aspects of the food pricing, for preparing the information packages used in the price survey, and for the analysis, presentation and distribution of the data.

Linda St. Onge, Food Scientist and Nutritionist, is responsible for the nutrition aspects of the food basket.

We would like to express our sincere appreciation for the cooperation and participation of the health authorities serving the areas in which the pricing was completed. Special thanks to Stefa Katamay, Consulting Nutritionist for Ontario Ministry of Health for providing the history of the nutritious food basket.

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Nutrition Tips

Tips for Saving Food Dollars

Did the holiday season leave you feeling stretched? Perhaps you made a resolution to get your budget under control. Here are a few tips to keep your food costs in line with the prices we've been tracking. The dollars shown on the price reports will give you a guideline for your own family; and we have information about quantities you should be purchasing to meet your family's nutrient needs. Check our net site, at http://www.agric.gov.ab.ca or write to us.

1. Have a plan. Think about what you'll eat until the next grocery-shopping trip. For instance, if you shop once a week, you need seven breakfasts, seven lunches, and seven dinners. Write down what you plan to eat, and make a list of the foods you need to prepare those meals.

2. Shop for nutrition. Use Canada's Food Guide as a tool to help plan those seven breakfasts, lunches and dinners. Learn how to read labels so you can judge whether the food is a good buy from the nutrition point of view. (Write to us for a copy of the free booklet "Nutrition: the Ins and Outs.")

3. Watch for sales. If you're familiar with the "regular" prices, you'll know whether the "sale" item is a good buy or not. Be flexible with your grocery list so you can trade one food purchase for another one that's on sale. Bulk purchases aren't always a good buy; compare prices.

4. Learn about the grading and labelling systems. For example, generic brands of frozen vegetables are usually less expensive than national brands. Check the label and you'll see that often the generic brands are Canada Standard and the national brands are Canada Choice or Canada Fancy. They have the same nutritive value, but Canada Standard packages may contain pieces of different sizes, irregular shapes, or other things that affect appearance. If appearance doesn't matter, buy a cheaper grade and save.

5. Buy foods that are in season. In Alberta, we can buy locally produced dairy products, beef, pork, chicken, eggs, honey, potatoes, root vegetables and several greenhouse vegetable crops all year round. They'll be top quality and likely less expensive than imported foods.

6. Buy locally produced foods. Meat, pasta, baked goods, canola oil, margarine, flour and many convenient, prepared foods are produced in Alberta. Safety and quality are top-notch. If you do have any concerns about them, the manufacturers are easy to locate and you'll find them willing to respond to you.

7. Buy quantities you can use. There's no point in getting a large container of cottage cheese or a 20 kg bag of potatoes if it spoils before you can use it. Proper storage can stretch your food dollars, so learn how to store foods properly.

8. Learn how to cook. Eating out or purchasing prepared foods can be expensive. Knowing basic food preparation will save you dollars. Many of the less expensive cuts of meat can be made into delicious meals by long, slow cooking methods - ideal for your crock pot, electric skillet, or oven. Even singles can “cook big” and freeze smaller portions.

9. Made "from scratch" isn't always the best buy. For example, purchased bread and cake mixes are usually less expensive than making your own. If yours is a one or two-person household, packaged salads are less expensive than buying a head of lettuce and having it spoil before you can use it. Do some price comparisons.

Nutrition Tips

How To Store Fresh Vegetables

This has been a record year for gardening, and many of Alberta's market gardeners have bumper crops. If you plan to visit a "U-pick" market garden to get a good supply of vegetables, plan your storage before you leave home. You may have a special coldroom in your house for vegetable storage, or perhaps a second refrigerator. If not, you may need to consider freezing vegetables for long-term storage because there are several critical factors for successful long-term storage of fresh vegetables.

Take insulated coolers with you when you pick fresh produce, because that will help keep the food at a cool temperature even before you can get it home, cleaned, and into storage.

✏ **Temperature:** This is the single most important factor. For most root vegetables, the best temperature is just above freezing - 1 to 2 degrees Celsius. For potatoes, it's a bit higher - about 10 degrees Celsius.

✏ **Air Circulation:** Ventilation is important, both for cooling and to prevent odour transfer. Onions may transfer their odour to other foods. Apples produce a gas which makes carrots taste bitter. Storage in perforated polyethylene bags helps reduce odour transfer.

✏ **Humidity:** Most vegetables require high humidity - definitely a problem in our dry Alberta climate! Mechanical refrigeration also creates dry air conditions. To overcome this problem, pour water on the floor of the coldroom at intervals to keep it wet and the air humid. You'll need a slatted duckwalk to keep the vegetables out of the water and allow air circulation underneath them. Use perforated plastic bags or covered bins to help reduce moisture loss.

✏ **Sanitation:** The vegetables should be clean and dry when you place them into storage, and so should the storage bins. Mouldy or decayed material will hasten spoilage in sound vegetables stored in contact with it. Handle produce carefully during storage, and shift the piles occasionally so that what was in the middle can be on the outside. This helps reduce the chance of heat being generated within the stored vegetables. Heat increases the chance of spoilage.

Tomatoes and Squash

These vine vegetables don't like the cool, humid conditions necessary for root vegetables. Store tomatoes in a warmer, drier place - about 10 to 13 degrees Celsius and 85 to 90% humidity. Place them on shallow trays or shelves in single layers. Ripe tomatoes will keep for one to two weeks; green ones two to six weeks.

Squash should be "cured" at about 25 to 30 degrees Celsius before being placed into storage. Place on shelves or shallow trays so that they don't touch one another. Store between 7 to 10 degrees Celsius and 70 to 75% humidity.

Availability

Many of Alberta's vegetables are available fresh in stores all winter long. The prices are reasonable and the quality high. Look for an Alberta address on the produce bags.

If you're visiting a market garden to purchase a supply of fresh produce, ask for one of the fact sheets prepared by Alberta Agriculture, Food and Rural Development on **Alberta's Fresh Produce . . . from the Garden to Your Table.** There is a fact sheet for each of about 13 different crops.

Enjoy eating Alberta's best produce!

Nutrition Tips

Nutritious Food Basket Price Report

Searching for Super Snack

Nutritionists agree that everyone's diet has room for snacks. In fact, snacks can contribute important nutrients to our daily intake, particularly for children, who have small tummies but big needs for calories and nutrients. A 4-6 year old needs about 1800 calories a day, almost as many as mom (1900). A 7 - 9 year old might need more than mom - 1900 to 2200 calories per day. Kids need to eat between meals in order to meet their nutrient and calorie needs.

Think of snacks as an extension of the child's meal. Let him or her eat part of the meal early, maybe raw vegetables or salad, a milk pudding, or fruit. Adults can choose the same kinds of snacks mid-morning or afternoon instead of calorie-rich pastries.

Dental Health

Remember your teeth when choosing a snack. Some properties of food contribute to tooth decay. Decay begins when food particles are in contact with tooth surfaces long enough for bacteria to begin breaking it down. This causes acid formation, which then attacks tooth enamel.

Harmful to teeth:

✗ Sugars, especially sticky ones promote decay (candy, jam, jellies, dried fruits)
✗ The presence of flour in a food promotes acid production, which leads to decay
✗ Solid foods require more chewing, and can remain in tooth crevices, leading to decay (crackers, dried fruits, hard cookies)

Protective of teeth:

Some foods have properties which help prevent food from sticking to teeth, and that helps reduce dental decay:

✔ Liquids, because of their shorter mouth contact time.
✔ Calcium and phosphorus in foods (e.g. milk, yogurt, cheese) helps reduce decay.
✔ Protein and phosphate in foods helps reduce decay (e.g. cheese, eggs)
✔ Presence of bran (whole grain foods)
✔ Insoluble granular material (nuts, oils)

Avoid snacks that are high in sugars, fat, or salt, such as candy, gum, soft drinks, potato chips. Dry foods that need chewing, such as cookies or dry snack foods, are not good choices either because they become wedged into crevices in the teeth and contribute to dental decay.

To help protect your teeth, eat breads, crackers or muffins spread with cheese, butter or margarine. Drink water, milk, or unsweetened juice with your snack. Clean your teeth afterwards.

Super Snacks:

These foods are nutritious and not harmful to teeth:

☺ Cheese, milk, plain yogurt
☻ Unsweetened fruit and juices
☺ Vegetables
☻ Eggs and meat
☺ Pizza, hamburgers

Nutritious but not so Good for Teeth

Sweetened milk puddings, sweet milk drinks

Flavoured yogurt, ice cream

Dried fruit, such as raisins

Sweetened fruit or sweetened fruit juices

Dry breads, crackers, or muffins, especially those containing dried fruit

Not Nutritious, Not Good for Teeth Either

☹ Candy, gum, soft drinks, sweetened fruit drinks
☹ Cake, cookies, pastries
☹ Salty or cheese-flavoured party snacks

NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR BLAIRMORE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.64	0.41	3.42	0.24	2.63	0.95	1.26	0.31	2.32	0.41	0.09	**16.68**
2-3 years	4.99	0.55	3.42	0.24	4.13	0.95	1.26	0.43	2.44	0.41	0.09	**18.92**
4-6 years	6.78	0.55	4.27	0.71	4.88	1.79	1.81	0.89	2.79	0.62	0.27	**25.35**
Boy												
7-9 years	6.06	0.55	4.27	1.18	6.38	2.03	1.96	0.74	3.02	1.04	0.55	**27.78**
10-12 years	7.85	0.55	4.56	1.18	6.75	2.03	2.20	0.77	3.72	1.24	0.73	**31.57**
13-15 years	8.56	0.69	4.56	1.18	7.50	2.03	2.67	1.01	4.06	1.45	0.73	**34.44**
16-18 years	8.56	0.83	7.41	1.18	8.63	2.03	2.98	1.20	4.41	1.66	0.82	**39.71**
Girl												
7-9 years	6.06	0.55	4.27	0.94	5.25	2.03	1.96	0.62	2.90	0.83	0.36	**25.80**
10-12 years	7.13	0.55	4.27	0.94	6.00	2.03	1.96	0.67	3.02	1.04	0.55	**28.17**
13-15 years	7.49	0.55	4.56	1.18	6.19	2.03	2.51	0.70	3.95	0.83	0.55	**30.53**
16-18 years	7.49	0.55	4.84	1.18	6.00	2.03	2.51	0.65	3.83	0.83	0.36	**30.28**
Man												
19-24 years	7.85	0.83	7.41	1.18	7.88	2.26	2.98	1.15	3.83	1.45	0.64	**37.46**
25-49 years	5.71	0.83	7.41	1.18	7.88	2.26	2.98	1.39	3.83	1.24	0.36	**35.08**
50-74 years	4.99	0.69	5.41	1.18	6.00	2.26	2.98	0.77	3.83	1.24	0.45	**29.83**
75+ years	4.99	0.55	5.41	0.94	6.19	2.26	2.28	0.67	4.06	0.83	0.36	**28.57**
Woman												
19-24 years	6.06	0.55	6.84	1.18	6.00	2.26	2.20	0.65	3.83	0.83	0.36	**30.77**
25-49 years	4.99	0.41	6.84	1.18	5.25	2.26	2.20	0.55	3.83	0.83	0.27	**28.63**
50-74 years	4.99	0.41	5.13	0.94	4.50	2.26	2.20	0.53	3.83	0.83	0.27	**25.91**
75+ years	4.64	0.41	4.56	0.94	3.75	2.26	2.20	0.48	3.83	0.62	0.27	**23.98**
Pregnancy(b,c)												
Trimester 1	8.56	0.55	5.13	1.18	5.82	2.26	2.51	0.48	3.83	0.62	0.27	**31.22**
Trimester 2	8.56	0.55	5.13	1.41	6.00	2.26	2.51	0.53	3.83	0.83	0.27	**31.90**
Trimester 3	8.56	0.55	5.13	1.41	6.00	2.26	2.51	0.53	3.83	0.83	0.27	**31.90**
Lactation(c)	8.92	0.55	6.27	1.18	6.00	2.50	2.51	0.58	3.83	0.83	0.36	**33.54**
Family of Four (d)	25.32	2.49	23.08	4.47	25.89	8.58	9.81	3.58	14.63	4.35	1.73	**123.95**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch
Alberta Agriculture, Food & Rural Development, (403) 422-2903

NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR CARDSTON/GLENWOOD, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.76	0.43	3.04	0.24	2.52	0.76	1.32	0.38	2.59	0.42	0.10	**16.57**
2-3 years	5.13	0.58	3.04	0.24	3.96	0.76	1.32	0.52	2.72	0.42	0.10	**18.80**
4-6 years	6.96	0.58	3.80	0.71	4.68	1.43	1.90	1.08	3.11	0.62	0.29	**25.17**
Boy												
7-9 years	6.23	0.58	3.80	1.19	6.12	1.62	2.07	0.90	3.37	1.04	0.58	**27.51**
10-12 years	8.06	0.58	4.05	1.19	6.48	1.62	2.32	0.93	4.15	1.25	0.78	**31.41**
13-15 years	8.80	0.72	4.05	1.19	7.20	1.62	2.81	1.22	4.54	1.46	0.78	**34.39**
16-18 years	8.80	0.86	6.58	1.19	8.28	1.62	3.15	1.45	4.93	1.66	0.87	**39.41**
Girl												
7-9 years	6.23	0.58	3.80	0.95	5.04	1.62	2.07	0.76	3.24	0.83	0.39	**25.51**
10-12 years	7.33	0.58	3.80	0.95	5.76	1.62	2.07	0.81	3.37	1.04	0.58	**27.92**
13-15 years	7.70	0.58	4.05	1.19	5.94	1.62	2.65	0.84	4.41	0.83	0.58	**30.40**
16-18 years	7.70	0.58	4.30	1.19	5.76	1.62	2.65	0.79	4.28	0.83	0.39	**30.09**
Man												
19-24 years	8.06	0.86	6.58	1.19	7.56	1.82	3.15	1.40	4.28	1.46	0.68	**37.04**
25-49 years	5.86	0.86	6.58	1.19	7.56	1.82	3.15	1.69	4.28	1.25	0.39	**34.63**
50-74 years	5.13	0.72	4.81	1.19	5.76	1.82	3.15	0.93	4.28	1.25	0.48	**29.52**
75+ years	5.13	0.58	4.81	0.95	5.94	1.82	2.40	0.81	4.54	0.83	0.39	**28.20**
Woman												
19-24 years	6.23	0.58	6.08	1.19	5.76	1.82	2.32	0.79	4.28	0.83	0.39	**30.25**
25-49 years	5.13	0.43	6.08	1.19	5.04	1.82	2.32	0.67	4.28	0.83	0.29	**28.08**
50-74 years	5.13	0.43	4.56	0.95	4.32	1.82	2.32	0.64	4.28	0.83	0.29	**25.57**
75+ years	4.76	0.43	4.05	0.95	3.60	1.82	2.32	0.58	4.28	0.62	0.29	**23.71**
Pregnancy(b,c)												
Trimester 1	8.80	0.58	4.56	1.19	5.58	1.82	2.65	0.58	4.28	0.62	0.29	**30.94**
Trimester 2	8.80	0.58	4.56	1.43	5.76	1.82	2.65	0.64	4.28	0.83	0.29	**31.63**
Trimester 3	8.80	0.58	4.56	1.43	5.76	1.82	2.65	0.64	4.28	0.83	0.29	**31.63**
Lactation(c)	9.16	0.58	5.57	1.19	5.76	2.01	2.65	0.70	4.28	0.83	0.39	**33.11**
Family of Four (d)	26.02	2.59	20.51	4.51	24.85	6.88	10.35	4.33	16.35	4.37	1.84	**122.61**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch
Alberta Agriculture, Food & Rural Development, (403) 422-2903

NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR LETHBRIDGE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.62	0.46	3.08	0.24	2.54	0.99	1.30	0.36	2.34	0.42	0.09	**16.45**
2-3 years	4.98	0.62	3.08	0.24	4.00	0.99	1.30	0.49	2.46	0.42	0.09	**18.67**
4-6 years	6.76	0.62	3.84	0.72	4.72	1.86	1.87	1.01	2.81	0.64	0.27	**25.12**
Boy												
7-9 years	6.05	0.62	3.84	1.19	6.18	2.11	2.03	0.85	3.05	1.06	0.54	**27.52**
10-12 years	7.82	0.62	4.10	1.19	6.54	2.11	2.27	0.88	3.75	1.27	0.72	**31.28**
13-15 years	8.54	0.77	4.10	1.19	7.27	2.11	2.76	1.15	4.10	1.49	0.72	**34.20**
16-18 years	8.54	0.92	6.66	1.19	8.36	2.11	3.08	1.37	4.45	1.70	0.81	**39.20**
Girl												
7-9 years	6.05	0.62	3.84	0.95	5.09	2.11	2.03	0.71	2.93	0.85	0.36	**25.54**
10-12 years	7.11	0.62	3.84	0.95	5.82	2.11	2.03	0.77	3.05	1.06	0.54	**27.90**
13-15 years	7.47	0.62	4.10	1.19	6.00	2.11	2.60	0.80	3.98	0.85	0.54	**30.25**
16-18 years	7.47	0.62	4.36	1.19	5.82	2.11	2.60	0.74	3.87	0.85	0.36	**29.98**
Man												
19-24 years	7.82	0.92	6.66	1.19	7.63	2.36	3.08	1.32	3.87	1.49	0.63	**36.98**
25-49 years	5.69	0.92	6.66	1.19	7.63	2.36	3.08	1.59	3.87	1.27	0.36	**34.64**
50-74 years	4.98	0.77	4.87	1.19	5.82	2.36	3.08	0.88	3.87	1.27	0.45	**29.54**
75+ years	4.98	0.62	4.87	0.95	6.00	2.36	2.35	0.77	4.10	0.85	0.36	**28.21**
Woman												
19-24 years	6.05	0.62	6.15	1.19	5.82	2.36	2.27	0.74	3.87	0.85	0.36	**30.27**
25-49 years	4.98	0.46	6.15	1.19	5.09	2.36	2.27	0.63	3.87	0.85	0.27	**28.12**
50-74 years	4.98	0.46	4.61	0.95	4.36	2.36	2.27	0.60	3.87	0.85	0.27	**25.59**
75+ years	4.62	0.46	4.10	0.95	3.63	2.36	2.27	0.55	3.87	0.64	0.27	**23.73**
Pregnancy(b,c)												
Trimester 1	8.54	0.62	4.61	1.19	5.63	2.36	2.60	0.55	3.87	0.64	0.27	**30.87**
Trimester 2	8.54	0.62	4.61	1.43	5.82	2.36	2.60	0.60	3.87	0.85	0.27	**31.56**
Trimester 3	8.54	0.62	4.61	1.43	5.82	2.36	2.60	0.60	3.87	0.85	0.27	**31.56**
Lactation(c)	8.89	0.62	5.64	1.19	5.82	2.61	2.60	0.66	3.87	0.85	0.36	**33.10**
Family of Four (d)	25.25	2.77	20.76	4.53	25.08	8.95	10.15	4.09	14.76	4.46	1.70	**122.50**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR MILK RIVER, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.76	0.42	3.17	0.23	2.58	0.96	1.24	0.33	2.50	0.44	0.10	**16.71**
2-3 years	5.12	0.56	3.17	0.23	4.05	0.96	1.24	0.45	2.63	0.44	0.10	**18.94**
4-6 years	6.95	0.56	3.96	0.68	4.79	1.81	1.78	0.93	3.00	0.66	0.29	**25.40**
Boy												
7-9 years	6.22	0.56	3.96	1.13	6.26	2.05	1.93	0.78	3.25	1.10	0.58	**27.82**
10-12 years	8.05	0.56	4.22	1.13	6.63	2.05	2.17	0.80	4.00	1.32	0.78	**31.71**
13-15 years	8.78	0.70	4.22	1.13	7.36	2.05	2.63	1.05	4.38	1.54	0.78	**34.63**
16-18 years	8.78	0.84	6.86	1.13	8.47	2.05	2.94	1.26	4.75	1.76	0.87	**39.71**
Girl												
7-9 years	6.22	0.56	3.96	0.90	5.15	2.05	1.93	0.65	3.13	0.88	0.39	**25.83**
10-12 years	7.32	0.56	3.96	0.90	5.89	2.05	1.93	0.70	3.25	1.10	0.58	**28.25**
13-15 years	7.68	0.56	4.22	1.13	6.07	2.05	2.48	0.73	4.25	0.88	0.58	**30.64**
16-18 years	7.68	0.56	4.48	1.13	5.89	2.05	2.48	0.68	4.13	0.88	0.39	**30.35**
Man												
19-24 years	8.05	0.84	6.86	1.13	7.73	2.29	2.94	1.21	4.13	1.54	0.68	**37.40**
25-49 years	5.85	0.84	6.86	1.13	7.73	2.29	2.94	1.46	4.13	1.32	0.39	**34.94**
50-74 years	5.12	0.70	5.01	1.13	5.89	2.29	2.94	0.80	4.13	1.32	0.48	**29.82**
75+ years	5.12	0.56	5.01	0.90	6.07	2.29	2.24	0.70	4.38	0.88	0.39	**28.56**
Woman												
19-24 years	6.22	0.56	6.33	1.13	5.89	2.29	2.17	0.68	4.13	0.88	0.39	**30.66**
25-49 years	5.12	0.42	6.33	1.13	5.15	2.29	2.17	0.58	4.13	0.88	0.29	**28.49**
50-74 years	5.12	0.42	4.75	0.90	4.42	2.29	2.17	0.55	4.13	0.88	0.29	**25.92**
75+ years	4.76	0.42	4.22	0.90	3.68	2.29	2.17	0.50	4.13	0.66	0.29	**24.02**
Pregnancy(b,c)												
Trimester 1	8.78	0.56	4.75	1.13	5.71	2.29	2.48	0.50	4.13	0.66	0.29	**31.27**
Trimester 2	8.78	0.56	4.75	1.35	5.89	2.29	2.48	0.55	4.13	0.88	0.29	**31.95**
Trimester 3	8.78	0.56	4.75	1.35	5.89	2.29	2.48	0.55	4.13	0.88	0.29	**31.95**
Lactation(c)	9.15	0.56	5.80	1.13	5.89	2.53	2.48	0.60	4.13	0.88	0.39	**33.54**
Family of Four (d)	25.97	2.53	21.36	4.29	25.40	8.68	9.67	3.74	15.76	4.63	1.84	**123.89**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR PINCHER CREEK, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.73	0.42	3.17	0.21	2.49	1.06	1.25	0.30	2.53	0.37	0.09	**16.62**
2-3 years	5.09	0.56	3.17	0.21	3.92	1.06	1.25	0.41	2.65	0.37	0.09	**18.79**
4-6 years	6.91	0.56	3.96	0.64	4.63	1.98	1.79	0.85	3.03	0.56	0.28	**25.20**
Boy												
7-9 years	6.18	0.56	3.96	1.07	6.06	2.25	1.95	0.71	3.29	0.93	0.56	**27.51**
10-12 years	8.00	0.56	4.23	1.07	6.41	2.25	2.18	0.74	4.04	1.11	0.74	**31.34**
13-15 years	8.73	0.70	4.23	1.07	7.13	2.25	2.65	0.97	4.42	1.30	0.74	**34.18**
16-18 years	8.73	0.84	6.87	1.07	8.19	2.25	2.96	1.15	4.80	1.48	0.84	**39.19**
Girl												
7-9 years	6.18	0.56	3.96	0.86	4.99	2.25	1.95	0.60	3.16	0.74	0.37	**25.62**
10-12 years	7.27	0.56	3.96	0.86	5.70	2.25	1.95	0.64	3.29	0.93	0.56	**27.97**
13-15 years	7.64	0.56	4.23	1.07	5.88	2.25	2.49	0.67	4.30	0.74	0.56	**30.38**
16-18 years	7.64	0.56	4.49	1.07	5.70	2.25	2.49	0.62	4.17	0.74	0.37	**30.11**
Man												
19-24 years	8.00	0.84	6.87	1.07	7.48	2.51	2.96	1.11	4.17	1.30	0.65	**36.96**
25-49 years	5.82	0.84	6.87	1.07	7.48	2.51	2.96	1.34	4.17	1.11	0.37	**34.55**
50-74 years	5.09	0.70	5.02	1.07	5.70	2.51	2.96	0.74	4.17	1.11	0.46	**29.54**
75+ years	5.09	0.56	5.02	0.86	5.88	2.51	2.26	0.64	4.42	0.74	0.37	**28.36**
Woman												
19-24 years	6.18	0.56	6.34	1.07	5.70	2.51	2.18	0.62	4.17	0.74	0.37	**30.46**
25-49 years	5.09	0.42	6.34	1.07	4.99	2.51	2.18	0.53	4.17	0.74	0.28	**28.33**
50-74 years	5.09	0.42	4.75	0.86	4.28	2.51	2.18	0.51	4.17	0.74	0.28	**25.79**
75+ years	4.73	0.42	4.23	0.86	3.56	2.51	2.18	0.46	4.17	0.56	0.28	**23.95**
Pregnancy(b,c)												
Trimester 1	8.73	0.56	4.75	1.07	5.52	2.51	2.49	0.46	4.17	0.56	0.28	**31.11**
Trimester 2	8.73	0.56	4.75	1.29	5.70	2.51	2.49	0.51	4.17	0.74	0.28	**31.73**
Trimester 3	8.73	0.56	4.75	1.29	5.70	2.51	2.49	0.51	4.17	0.74	0.28	**31.73**
Lactation(c)	9.09	0.56	5.81	1.07	5.70	2.78	2.49	0.55	4.17	0.74	0.37	**33.34**
Family of Four (d)	25.82	2.53	21.39	4.08	24.58	9.52	9.74	3.43	15.92	3.89	1.77	**122.67**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR RAYMOND, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	5.36	0.51	3.11	0.24	2.49	0.81	1.46	0.39	2.92	0.46	0.08	**17.82**
2-3 years	5.77	0.68	3.11	0.24	3.91	0.81	1.46	0.55	3.06	0.46	0.08	**20.12**
4-6 years	7.83	0.68	3.89	0.71	4.62	1.51	2.10	1.12	3.50	0.69	0.24	**26.89**
Boy												
7-9 years	7.01	0.68	3.89	1.19	6.04	1.71	2.28	0.94	3.79	1.15	0.48	**29.16**
10-12 years	9.07	0.68	4.15	1.19	6.40	1.71	2.55	0.97	4.67	1.39	0.64	**33.41**
13-15 years	9.89	0.85	4.15	1.19	7.11	1.71	3.10	1.27	5.11	1.62	0.64	**36.63**
16-18 years	9.89	1.01	6.74	1.19	8.17	1.71	3.46	1.51	5.55	1.85	0.72	**41.81**
Girl												
7-9 years	7.01	0.68	3.89	0.95	4.97	1.71	2.28	0.79	3.65	0.92	0.32	**27.17**
10-12 years	8.24	0.68	3.89	0.95	5.68	1.71	2.28	0.85	3.79	1.15	0.48	**29.71**
13-15 years	8.66	0.68	4.15	1.19	5.86	1.71	2.92	0.88	4.96	0.92	0.48	**32.40**
16-18 years	8.66	0.68	4.41	1.19	5.68	1.71	2.92	0.82	4.82	0.92	0.32	**32.12**
Man												
19-24 years	9.07	1.01	6.74	1.19	7.46	1.91	3.46	1.45	4.82	1.62	0.56	**39.30**
25-49 years	6.60	1.01	6.74	1.19	7.46	1.91	3.46	1.76	4.82	1.39	0.32	**36.66**
50-74 years	5.77	0.85	4.93	1.19	5.68	1.91	3.46	0.97	4.82	1.39	0.40	**31.36**
75+ years	5.77	0.68	4.93	0.95	5.86	1.91	2.64	0.85	5.11	0.92	0.32	**29.94**
Woman												
19-24 years	7.01	0.68	6.22	1.19	5.68	1.91	2.55	0.82	4.82	0.92	0.32	**32.12**
25-49 years	5.77	0.51	6.22	1.19	4.97	1.91	2.55	0.70	4.82	0.92	0.24	**29.81**
50-74 years	5.77	0.51	4.67	0.95	4.26	1.91	2.55	0.67	4.82	0.92	0.24	**27.27**
75+ years	5.36	0.51	4.15	0.95	3.55	1.91	2.55	0.61	4.82	0.69	0.24	**25.34**
Pregnancy(b,c)												
Trimester 1	9.89	0.68	4.67	1.19	5.51	1.91	2.92	0.61	4.82	0.69	0.24	**33.12**
Trimester 2	9.89	0.68	4.67	1.42	5.68	1.91	2.92	0.67	4.82	0.92	0.24	**33.82**
Trimester 3	9.89	0.68	4.67	1.42	5.68	1.91	2.92	0.67	4.82	0.92	0.24	**33.82**
Lactation(c)	10.30	0.68	5.71	1.19	5.68	2.11	2.92	0.73	4.82	0.92	0.32	**35.38**
Family of Four (d)	29.27	3.04	21.01	4.51	24.51	7.25	11.40	4.51	18.39	4.85	1.52	**130.26**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR WARNER, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.94	0.47	3.06	0.24	2.50	0.90	1.40	0.47	2.67	0.43	0.09	**17.17**
2-3 years	5.32	0.63	3.06	0.24	3.93	0.90	1.40	0.65	2.80	0.43	0.09	**19.45**
4-6 years	7.21	0.63	3.83	0.72	4.64	1.69	2.01	1.34	3.20	0.65	0.27	**26.19**
Boy												
7-9 years	6.45	0.63	3.83	1.19	6.07	1.92	2.18	1.12	3.47	1.08	0.54	**28.49**
10-12 years	8.35	0.63	4.08	1.19	6.43	1.92	2.44	1.16	4.27	1.30	0.72	**32.49**
13-15 years	9.11	0.79	4.08	1.19	7.14	1.92	2.97	1.52	4.67	1.51	0.72	**35.62**
16-18 years	9.11	0.94	6.64	1.19	8.21	1.92	3.32	1.81	5.07	1.73	0.80	**40.75**
Girl												
7-9 years	6.45	0.63	3.83	0.95	5.00	1.92	2.18	0.94	3.34	0.87	0.36	**26.47**
10-12 years	7.59	0.63	3.83	0.95	5.71	1.92	2.18	1.01	3.47	1.08	0.54	**28.92**
13-15 years	7.97	0.63	4.08	1.19	5.89	1.92	2.79	1.05	4.54	0.87	0.54	**31.47**
16-18 years	7.97	0.63	4.34	1.19	5.71	1.92	2.79	0.98	4.40	0.87	0.36	**31.16**
Man												
19-24 years	8.35	0.94	6.64	1.19	7.50	2.14	3.32	1.74	4.40	1.51	0.63	**38.37**
25-49 years	6.07	0.94	6.64	1.19	7.50	2.14	3.32	2.10	4.40	1.30	0.36	**35.97**
50-74 years	5.32	0.79	4.85	1.19	5.71	2.14	3.32	1.16	4.40	1.30	0.45	**30.63**
75+ years	5.32	0.63	4.85	0.95	5.89	2.14	2.53	1.01	4.67	0.87	0.36	**29.22**
Woman												
19-24 years	6.45	0.63	6.13	1.19	5.71	2.14	2.44	0.98	4.40	0.87	0.36	**31.31**
25-49 years	5.32	0.47	6.13	1.19	5.00	2.14	2.44	0.83	4.40	0.87	0.27	**29.06**
50-74 years	5.32	0.47	4.59	0.95	4.28	2.14	2.44	0.80	4.40	0.87	0.27	**26.54**
75+ years	4.94	0.47	4.08	0.95	3.57	2.14	2.44	0.72	4.40	0.65	0.27	**24.65**
Pregnancy(b,c)												
Trimester 1	9.11	0.63	4.59	1.19	5.53	2.14	2.79	0.72	4.40	0.65	0.27	**32.05**
Trimester 2	9.11	0.63	4.59	1.43	5.71	2.14	2.79	0.80	4.40	0.87	0.27	**32.75**
Trimester 3	9.11	0.63	4.59	1.43	5.71	2.14	2.79	0.80	4.40	0.87	0.27	**32.75**
Lactation(c)	9.49	0.63	5.62	1.19	5.71	2.37	2.79	0.87	4.40	0.87	0.36	**34.30**
Family of Four (d)	26.96	2.83	20.68	4.53	24.63	8.12	10.91	5.40	16.82	4.54	1.70	**127.12**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR DRUMHELLER, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.84	0.46	3.52	0.24	2.57	1.00	1.20	0.39	2.61	0.46	0.07	**17.35**
2-3 years	5.21	0.62	3.52	0.24	4.04	1.00	1.20	0.53	2.74	0.46	0.07	**19.62**
4-6 years	7.07	0.62	4.40	0.71	4.78	1.87	1.72	1.10	3.13	0.68	0.21	**26.29**
Boy												
7-9 years	6.33	0.62	4.40	1.19	6.24	2.12	1.87	0.92	3.39	1.14	0.42	**28.64**
10-12 years	8.19	0.62	4.70	1.19	6.61	2.12	2.10	0.95	4.17	1.37	0.56	**32.57**
13-15 years	8.93	0.77	4.70	1.19	7.35	2.12	2.55	1.24	4.57	1.60	0.56	**35.57**
16-18 years	8.93	0.92	7.63	1.19	8.45	2.12	2.85	1.48	4.96	1.83	0.63	**40.99**
Girl												
7-9 years	6.33	0.62	4.40	0.95	5.14	2.12	1.87	0.77	3.26	0.91	0.28	**26.66**
10-12 years	7.44	0.62	4.40	0.95	5.88	2.12	1.87	0.83	3.39	1.14	0.42	**29.07**
13-15 years	7.82	0.62	4.70	1.19	6.06	2.12	2.40	0.86	4.44	0.91	0.42	**31.52**
16-18 years	7.82	0.62	4.99	1.19	5.88	2.12	2.40	0.80	4.30	0.91	0.28	**31.30**
Man												
19-24 years	8.19	0.92	7.63	1.19	7.71	2.37	2.85	1.42	4.30	1.60	0.49	**38.68**
25-49 years	5.96	0.92	7.63	1.19	7.71	2.37	2.85	1.72	4.30	1.37	0.28	**36.30**
50-74 years	5.21	0.77	5.58	1.19	5.88	2.37	2.85	0.95	4.30	1.37	0.35	**30.81**
75+ years	5.21	0.62	5.58	0.95	6.06	2.37	2.17	0.83	4.57	0.91	0.28	**29.54**
Woman												
19-24 years	6.33	0.62	7.05	1.19	5.88	2.37	2.10	0.80	4.30	0.91	0.28	**31.82**
25-49 years	5.21	0.46	7.05	1.19	5.14	2.37	2.10	0.68	4.30	0.91	0.21	**29.62**
50-74 years	5.21	0.46	5.28	0.95	4.41	2.37	2.10	0.65	4.30	0.91	0.21	**26.86**
75+ years	4.84	0.46	4.70	0.95	3.67	2.37	2.10	0.59	4.30	0.68	0.21	**24.88**
Pregnancy(b,c)												
Trimester 1	8.93	0.62	5.28	1.19	5.69	2.37	2.40	0.59	4.30	0.68	0.21	**32.27**
Trimester 2	8.93	0.62	5.28	1.42	5.88	2.37	2.40	0.65	4.30	0.91	0.21	**32.98**
Trimester 3	8.93	0.62	5.28	1.42	5.88	2.37	2.40	0.65	4.30	0.91	0.21	**32.98**
Lactation(c)	9.30	0.62	6.46	1.19	5.88	2.62	2.40	0.71	4.30	0.91	0.28	**34.67**
Family of Four (d)	26.43	2.77	23.78	4.51	25.35	8.97	9.37	4.41	16.44	4.79	1.33	**128.15**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR DIDSBURY, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.81	0.41	3.47	0.20	2.58	0.90	1.25	0.43	2.52	0.37	0.09	**17.04**
2-3 years	5.18	0.55	3.47	0.20	4.06	0.90	1.25	0.59	2.65	0.37	0.09	**19.31**
4-6 years	7.02	0.55	4.34	0.60	4.80	1.68	1.80	1.22	3.03	0.56	0.27	**25.87**
Boy												
7-9 years	6.29	0.55	4.34	1.00	6.27	1.91	1.95	1.02	3.28	0.93	0.55	**28.09**
10-12 years	8.13	0.55	4.63	1.00	6.64	1.91	2.19	1.05	4.04	1.11	0.73	**31.99**
13-15 years	8.87	0.69	4.63	1.00	7.38	1.91	2.66	1.38	4.41	1.30	0.73	**34.96**
16-18 years	8.87	0.82	7.53	1.00	8.49	1.91	2.97	1.65	4.79	1.49	0.82	**40.33**
Girl												
7-9 years	6.29	0.55	4.34	0.80	5.17	1.91	1.95	0.86	3.15	0.74	0.36	**26.12**
10-12 years	7.39	0.55	4.34	0.80	5.90	1.91	1.95	0.92	3.28	0.93	0.55	**28.53**
13-15 years	7.76	0.55	4.63	1.00	6.09	1.91	2.50	0.96	4.29	0.74	0.55	**30.97**
16-18 years	7.76	0.55	4.92	1.00	5.90	1.91	2.50	0.89	4.16	0.74	0.36	**30.71**
Man												
19-24 years	8.13	0.82	7.53	1.00	7.75	2.13	2.97	1.58	4.16	1.30	0.64	**38.02**
25-49 years	5.92	0.82	7.53	1.00	7.75	2.13	2.97	1.91	4.16	1.11	0.36	**35.67**
50-74 years	5.18	0.69	5.50	1.00	5.90	2.13	2.97	1.05	4.16	1.11	0.45	**30.15**
75+ years	5.18	0.55	5.50	0.80	6.09	2.13	2.27	0.92	4.41	0.74	0.36	**28.96**
Woman												
19-24 years	6.29	0.55	6.95	1.00	5.90	2.13	2.19	0.89	4.16	0.74	0.36	**31.16**
25-49 years	5.18	0.41	6.95	1.00	5.17	2.13	2.19	0.76	4.16	0.74	0.27	**28.96**
50-74 years	5.18	0.41	5.21	0.80	4.43	2.13	2.19	0.72	4.16	0.74	0.27	**26.25**
75+ years	4.81	0.41	4.63	0.80	3.69	2.13	2.19	0.66	4.16	0.56	0.27	**24.31**
Pregnancy(b,c)												
Trimester 1	8.87	0.55	5.21	1.00	5.72	2.13	2.50	0.66	4.16	0.56	0.27	**31.64**
Trimester 2	8.87	0.55	5.21	1.21	5.90	2.13	2.50	0.72	4.16	0.74	0.27	**32.27**
Trimester 3	8.87	0.55	5.21	1.21	5.90	2.13	2.50	0.72	4.16	0.74	0.27	**32.27**
Lactation(c)	9.24	0.55	6.37	1.00	5.90	2.35	2.50	0.79	4.16	0.74	0.36	**33.98**
Family of Four (d)	26.25	2.47	23.45	3.82	25.46	8.07	9.77	4.91	15.89	3.90	1.73	**125.71**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR HANNA, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	5.03	0.46	3.49	0.22	2.68	0.98	1.33	0.44	2.68	0.42	0.08	**17.81**
2-3 years	5.41	0.62	3.49	0.22	4.21	0.98	1.33	0.61	2.81	0.42	0.08	**20.18**
4-6 years	7.34	0.62	4.36	0.67	4.97	1.83	1.91	1.25	3.22	0.64	0.25	**27.06**
Boy												
7-9 years	6.57	0.62	4.36	1.12	6.50	2.08	2.07	1.04	3.48	1.06	0.50	**29.41**
10-12 years	8.50	0.62	4.65	1.12	6.88	2.08	2.32	1.08	4.29	1.27	0.66	**33.48**
13-15 years	9.28	0.77	4.65	1.12	7.65	2.08	2.82	1.42	4.69	1.49	0.66	**36.62**
16-18 years	9.28	0.93	7.56	1.12	8.79	2.08	3.15	1.69	5.09	1.70	0.75	**42.13**
Girl												
7-9 years	6.57	0.62	4.36	0.90	5.35	2.08	2.07	0.88	3.35	0.85	0.33	**27.36**
10-12 years	7.73	0.62	4.36	0.90	6.12	2.08	2.07	0.94	3.48	1.06	0.50	**29.86**
13-15 years	8.12	0.62	4.65	1.12	6.31	2.08	2.65	0.98	4.56	0.85	0.50	**32.43**
16-18 years	8.12	0.62	4.94	1.12	6.12	2.08	2.65	0.91	4.42	0.85	0.33	**32.16**
Man												
19-24 years	8.50	0.93	7.56	1.12	8.03	2.32	3.15	1.62	4.42	1.49	0.58	**39.72**
25-49 years	6.19	0.93	7.56	1.12	8.03	2.32	3.15	1.95	4.42	1.27	0.33	**37.28**
50-74 years	5.41	0.77	5.52	1.12	6.12	2.32	3.15	1.08	4.42	1.27	0.41	**31.61**
75+ years	5.41	0.62	5.52	0.90	6.31	2.32	2.40	0.94	4.69	0.85	0.33	**30.30**
Woman												
19-24 years	6.57	0.62	6.97	1.12	6.12	2.32	2.32	0.91	4.42	0.85	0.33	**32.56**
25-49 years	5.41	0.46	6.97	1.12	5.35	2.32	2.32	0.78	4.42	0.85	0.25	**30.27**
50-74 years	5.41	0.46	5.23	0.90	4.59	2.32	2.32	0.74	4.42	0.85	0.25	**27.50**
75+ years	5.03	0.46	4.65	0.90	3.82	2.32	2.32	0.67	4.42	0.64	0.25	**25.49**
Pregnancy(b,c)												
Trimester 1	9.28	0.62	5.23	1.12	5.93	2.32	2.65	0.67	4.42	0.64	0.25	**33.14**
Trimester 2	9.28	0.62	5.23	1.35	6.12	2.32	2.65	0.74	4.42	0.85	0.25	**33.83**
Trimester 3	9.28	0.62	5.23	1.35	6.12	2.32	2.65	0.74	4.42	0.85	0.25	**33.83**
Lactation(c)	9.66	0.62	6.39	1.12	6.12	2.57	2.65	0.81	4.42	0.85	0.33	**35.55**
Family of Four (d)	27.45	2.79	23.54	4.27	26.38	8.80	10.36	5.02	16.88	4.46	1.57	**131.53**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR STRATHMORE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.50	0.32	2.99	0.21	2.54	1.08	1.33	0.53	2.48	0.40	0.09	**16.47**
2-3 years	4.85	0.43	2.99	0.21	3.99	1.08	1.33	0.74	2.60	0.40	0.09	**18.71**
4-6 years	6.58	0.43	3.73	0.64	4.72	2.02	1.91	1.52	2.98	0.60	0.26	**25.39**
Boy												
7-9 years	5.88	0.43	3.73	1.07	6.17	2.29	2.07	1.27	3.22	1.01	0.52	**27.68**
10-12 years	7.62	0.43	3.98	1.07	6.53	2.29	2.32	1.31	3.97	1.21	0.69	**31.43**
13-15 years	8.31	0.54	3.98	1.07	7.25	2.29	2.82	1.73	4.34	1.41	0.69	**34.43**
16-18 years	8.31	0.64	6.47	1.07	8.34	2.29	3.15	2.05	4.71	1.61	0.78	**39.44**
Girl												
7-9 years	5.88	0.43	3.73	0.86	5.08	2.29	2.07	1.07	3.10	0.80	0.35	**25.67**
10-12 years	6.92	0.43	3.73	0.86	5.80	2.29	2.07	1.15	3.22	1.01	0.52	**28.02**
13-15 years	7.27	0.43	3.98	1.07	5.98	2.29	2.66	1.19	4.22	0.80	0.52	**30.42**
16-18 years	7.27	0.43	4.23	1.07	5.80	2.29	2.66	1.11	4.09	0.80	0.35	**30.11**
Man												
19-24 years	7.62	0.64	6.47	1.07	7.62	2.56	3.15	1.97	4.09	1.41	0.60	**37.21**
25-49 years	5.54	0.64	6.47	1.07	7.62	2.56	3.15	2.38	4.09	1.21	0.35	**35.09**
50-74 years	4.85	0.54	4.73	1.07	5.80	2.56	3.15	1.31	4.09	1.21	0.43	**29.75**
75+ years	4.85	0.43	4.73	0.86	5.98	2.56	2.41	1.15	4.34	0.80	0.35	**28.46**
Woman												
19-24 years	5.88	0.43	5.97	1.07	5.80	2.56	2.32	1.11	4.09	0.80	0.35	**30.40**
25-49 years	4.85	0.32	5.97	1.07	5.08	2.56	2.32	0.94	4.09	0.80	0.26	**28.28**
50-74 years	4.85	0.32	4.48	0.86	4.35	2.56	2.32	0.90	4.09	0.80	0.26	**25.81**
75+ years	4.50	0.32	3.98	0.86	3.63	2.56	2.32	0.82	4.09	0.60	0.26	**23.95**
Pregnancy(b,c)												
Trimester 1	8.31	0.43	4.48	1.07	5.62	2.56	2.66	0.82	4.09	0.60	0.26	**30.91**
Trimester 2	8.31	0.43	4.48	1.29	5.80	2.56	2.66	0.90	4.09	0.80	0.26	**31.59**
Trimester 3	8.31	0.43	4.48	1.29	5.80	2.56	2.66	0.90	4.09	0.80	0.26	**31.59**
Lactation(c)	8.65	0.43	5.47	1.07	5.80	2.83	2.66	0.99	4.09	0.80	0.35	**33.15**
Family of Four (d)	24.58	1.93	20.15	4.08	25.03	9.72	10.37	6.12	15.63	4.22	1.64	**123.47**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR THREE HILLS, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.73	0.46	3.20	0.22	2.48	1.11	1.14	0.43	2.78	0.40	0.09	**17.04**
2-3 years	5.09	0.62	3.20	0.22	3.90	1.11	1.14	0.59	2.92	0.40	0.09	**19.28**
4-6 years	6.91	0.62	4.00	0.67	4.60	2.09	1.63	1.22	3.33	0.61	0.26	**25.94**
Boy												
7-9 years	6.18	0.62	4.00	1.12	6.02	2.37	1.77	1.02	3.61	1.01	0.52	**28.25**
10-12 years	8.00	0.62	4.27	1.12	6.38	2.37	1.99	1.05	4.44	1.21	0.70	**32.14**
13-15 years	8.73	0.77	4.27	1.12	7.08	2.37	2.41	1.38	4.86	1.42	0.70	**35.10**
16-18 years	8.73	0.92	6.93	1.12	8.15	2.37	2.70	1.65	5.28	1.62	0.78	**40.24**
Girl												
7-9 years	6.18	0.62	4.00	0.90	4.96	2.37	1.77	0.86	3.47	0.81	0.35	**26.28**
10-12 years	7.27	0.62	4.00	0.90	5.67	2.37	1.77	0.92	3.61	1.01	0.52	**28.66**
13-15 years	7.63	0.62	4.27	1.12	5.84	2.37	2.27	0.96	4.72	0.81	0.52	**31.13**
16-18 years	7.63	0.62	4.53	1.12	5.67	2.37	2.27	0.89	4.58	0.81	0.35	**30.84**
Man												
19-24 years	8.00	0.92	6.93	1.12	7.44	2.65	2.70	1.58	4.58	1.42	0.61	**37.95**
25-49 years	5.82	0.92	6.93	1.12	7.44	2.65	2.70	1.91	4.58	1.21	0.35	**35.63**
50-74 years	5.09	0.77	5.07	1.12	5.67	2.65	2.70	1.05	4.58	1.21	0.44	**30.34**
75+ years	5.09	0.62	5.07	0.90	5.84	2.65	2.06	0.92	4.86	0.81	0.35	**29.16**
Woman												
19-24 years	6.18	0.62	6.40	1.12	5.67	2.65	1.99	0.89	4.58	0.81	0.35	**31.25**
25-49 years	5.09	0.46	6.40	1.12	4.96	2.65	1.99	0.76	4.58	0.81	0.26	**29.08**
50-74 years	5.09	0.46	4.80	0.90	4.25	2.65	1.99	0.72	4.58	0.81	0.26	**26.51**
75+ years	4.73	0.46	4.27	0.90	3.54	2.65	1.99	0.66	4.58	0.61	0.26	**24.64**
Pregnancy(b,c)												
Trimester 1	8.73	0.62	4.80	1.12	5.49	2.65	2.27	0.66	4.58	0.61	0.26	**31.78**
Trimester 2	8.73	0.62	4.80	1.35	5.67	2.65	2.27	0.72	4.58	0.81	0.26	**32.45**
Trimester 3	8.73	0.62	4.80	1.35	5.67	2.65	2.27	0.72	4.58	0.81	0.26	**32.45**
Lactation(c)	9.09	0.62	5.87	1.12	5.67	2.92	2.27	0.79	4.58	0.81	0.35	**34.09**
Family of Four (d)	25.81	2.77	21.60	4.26	24.44	10.02	8.87	4.91	17.49	4.25	1.65	**126.09**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR CALGARY, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.44	0.35	3.04	0.23	2.52	0.96	1.39	0.38	2.50	0.36	0.09	**16.24**
2-3 years	4.78	0.47	3.04	0.23	3.97	0.96	1.39	0.52	2.62	0.36	0.09	**18.41**
4-6 years	6.49	0.47	3.80	0.68	4.69	1.79	1.99	1.07	2.99	0.54	0.27	**24.78**
Boy												
7-9 years	5.81	0.47	3.80	1.14	6.13	2.03	2.17	0.89	3.24	0.90	0.53	**27.11**
10-12 years	7.52	0.47	4.05	1.14	6.49	2.03	2.43	0.92	3.99	1.08	0.71	**30.83**
13-15 years	8.20	0.59	4.05	1.14	7.21	2.03	2.95	1.21	4.37	1.26	0.71	**33.71**
16-18 years	8.20	0.70	6.58	1.14	8.29	2.03	3.30	1.44	4.74	1.44	0.80	**38.66**
Girl												
7-9 years	5.81	0.47	3.80	0.91	5.05	2.03	2.17	0.75	3.12	0.72	0.36	**25.17**
10-12 years	6.83	0.47	3.80	0.91	5.77	2.03	2.17	0.81	3.24	0.90	0.53	**27.46**
13-15 years	7.18	0.47	4.05	1.14	5.95	2.03	2.77	0.84	4.24	0.72	0.53	**29.92**
16-18 years	7.18	0.47	4.30	1.14	5.77	2.03	2.77	0.78	4.12	0.72	0.36	**29.63**
Man												
19-24 years	7.52	0.70	6.58	1.14	7.57	2.27	3.30	1.39	4.12	1.26	0.62	**36.46**
25-49 years	5.47	0.70	6.58	1.14	7.57	2.27	3.30	1.67	4.12	1.08	0.36	**34.25**
50-74 years	4.78	0.59	4.81	1.14	5.77	2.27	3.30	0.92	4.12	1.08	0.44	**29.21**
75+ years	4.78	0.47	4.81	0.91	5.95	2.27	2.51	0.81	4.37	0.72	0.36	**27.95**
Woman												
19-24 years	5.81	0.47	6.07	1.14	5.77	2.27	2.43	0.78	4.12	0.72	0.36	**29.92**
25-49 years	4.78	0.35	6.07	1.14	5.05	2.27	2.43	0.66	4.12	0.72	0.27	**27.86**
50-74 years	4.78	0.35	4.55	0.91	4.33	2.27	2.43	0.63	4.12	0.72	0.27	**25.36**
75+ years	4.44	0.35	4.05	0.91	3.61	2.27	2.43	0.58	4.12	0.54	0.27	**23.55**
Pregnancy(b,c)												
Trimester 1	8.20	0.47	4.55	1.14	5.59	2.27	2.77	0.58	4.12	0.54	0.27	**30.49**
Trimester 2	8.20	0.47	4.55	1.36	5.77	2.27	2.77	0.63	4.12	0.72	0.27	**31.14**
Trimester 3	8.20	0.47	4.55	1.36	5.77	2.27	2.77	0.63	4.12	0.72	0.27	**31.14**
Lactation(c)	8.54	0.47	5.57	1.14	5.77	2.51	2.77	0.69	4.12	0.72	0.36	**32.65**
Family of Four (d)	24.26	2.11	20.49	4.32	24.88	8.60	10.84	4.30	15.72	3.78	1.69	**120.99**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR PONOKA, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.64	0.41	3.17	0.21	2.50	0.84	1.31	0.33	2.50	0.40	0.09	**16.41**
2-3 years	4.99	0.55	3.17	0.21	3.92	0.84	1.31	0.46	2.63	0.40	0.09	**18.59**
4-6 years	6.78	0.55	3.96	0.64	4.64	1.58	1.89	0.95	3.00	0.60	0.26	**24.85**
Boy												
7-9 years	6.06	0.55	3.96	1.07	6.06	1.79	2.05	0.79	3.25	1.00	0.53	**27.13**
10-12 years	7.85	0.55	4.23	1.07	6.42	1.79	2.30	0.82	4.00	1.20	0.71	**30.93**
13-15 years	8.56	0.69	4.23	1.07	7.14	1.79	2.79	1.07	4.38	1.40	0.71	**33.82**
16-18 years	8.56	0.83	6.87	1.07	8.21	1.79	3.12	1.28	4.76	1.59	0.79	**38.87**
Girl												
7-9 years	6.06	0.55	3.96	0.86	4.99	1.79	2.05	0.66	3.13	0.80	0.35	**25.22**
10-12 years	7.13	0.55	3.96	0.86	5.71	1.79	2.05	0.72	3.25	1.00	0.53	**27.55**
13-15 years	7.49	0.55	4.23	1.07	5.89	1.79	2.63	0.74	4.25	0.80	0.53	**29.97**
16-18 years	7.49	0.55	4.49	1.07	5.71	1.79	2.63	0.69	4.13	0.80	0.35	**29.70**
Man												
19-24 years	7.85	0.83	6.87	1.07	7.49	2.00	3.12	1.23	4.13	1.40	0.62	**36.60**
25-49 years	5.71	0.83	6.87	1.07	7.49	2.00	3.12	1.48	4.13	1.20	0.35	**34.25**
50-74 years	4.99	0.69	5.02	1.07	5.71	2.00	3.12	0.82	4.13	1.20	0.44	**29.19**
75+ years	4.99	0.55	5.02	0.86	5.89	2.00	2.38	0.72	4.38	0.80	0.35	**27.94**
Woman												
19-24 years	6.06	0.55	6.34	1.07	5.71	2.00	2.30	0.69	4.13	0.80	0.35	**30.01**
25-49 years	4.99	0.41	6.34	1.07	4.99	2.00	2.30	0.59	4.13	0.80	0.26	**27.90**
50-74 years	4.99	0.41	4.76	0.86	4.28	2.00	2.30	0.56	4.13	0.80	0.26	**25.36**
75+ years	4.64	0.41	4.23	0.86	3.57	2.00	2.30	0.51	4.13	0.60	0.26	**23.51**
Pregnancy(b,c)												
Trimester 1	8.56	0.55	4.76	1.07	5.53	2.00	2.63	0.51	4.13	0.60	0.26	**30.60**
Trimester 2	8.56	0.55	4.76	1.29	5.71	2.00	2.63	0.56	4.13	0.80	0.26	**31.25**
Trimester 3	8.56	0.55	4.76	1.29	5.71	2.00	2.63	0.56	4.13	0.80	0.26	**31.25**
Lactation(c)	8.92	0.55	5.82	1.07	5.71	2.21	2.63	0.61	4.13	0.80	0.35	**32.80**
Family of Four (d)	25.32	2.49	21.41	4.08	24.62	7.58	10.26	3.81	15.77	4.19	1.68	**121.19**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR RED DEER, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.14	0.39	3.13	0.21	2.31	0.87	1.24	0.34	2.36	0.36	0.08	**15.42**
2-3 years	4.46	0.52	3.13	0.21	3.63	0.87	1.24	0.47	2.48	0.36	0.08	**17.44**
4-6 years	6.05	0.52	3.92	0.62	4.28	1.62	1.79	0.96	2.83	0.54	0.24	**23.37**
Boy												
7-9 years	5.42	0.52	3.92	1.04	5.60	1.84	1.94	0.80	3.07	0.89	0.48	**25.52**
10-12 years	7.01	0.52	4.18	1.04	5.93	1.84	2.18	0.83	3.77	1.07	0.64	**29.01**
13-15 years	7.65	0.65	4.18	1.04	6.59	1.84	2.64	1.09	4.13	1.25	0.64	**31.70**
16-18 years	7.65	0.78	6.79	1.04	7.58	1.84	2.95	1.29	4.48	1.43	0.73	**36.56**
Girl												
7-9 years	5.42	0.52	3.92	0.83	4.61	1.84	1.94	0.67	2.95	0.71	0.32	**23.74**
10-12 years	6.37	0.52	3.92	0.83	5.27	1.84	1.94	0.72	3.07	0.89	0.48	**25.86**
13-15 years	6.69	0.52	4.18	1.04	5.44	1.84	2.49	0.75	4.01	0.71	0.48	**28.15**
16-18 years	6.69	0.52	4.44	1.04	5.27	1.84	2.49	0.70	3.89	0.71	0.32	**27.91**
Man												
19-24 years	7.01	0.78	6.79	1.04	6.92	2.06	2.95	1.24	3.89	1.25	0.56	**34.50**
25-49 years	5.10	0.78	6.79	1.04	6.92	2.06	2.95	1.50	3.89	1.07	0.32	**32.42**
50-74 years	4.46	0.65	4.96	1.04	5.27	2.06	2.95	0.83	3.89	1.07	0.40	**27.59**
75+ years	4.46	0.52	4.96	0.83	5.44	2.06	2.25	0.72	4.13	0.71	0.32	**26.41**
Woman												
19-24 years	5.42	0.52	6.27	1.04	5.27	2.06	2.18	0.70	3.89	0.71	0.32	**28.37**
25-49 years	4.46	0.39	6.27	1.04	4.61	2.06	2.18	0.60	3.89	0.71	0.24	**26.44**
50-74 years	4.46	0.39	4.70	0.83	3.95	2.06	2.18	0.57	3.89	0.71	0.24	**23.99**
75+ years	4.14	0.39	4.18	0.83	3.30	2.06	2.18	0.52	3.89	0.54	0.24	**22.25**
Pregnancy(b,c)												
Trimester 1	7.65	0.52	4.70	1.04	5.11	2.06	2.49	0.52	3.89	0.54	0.24	**28.74**
Trimester 2	7.65	0.52	4.70	1.25	5.27	2.06	2.49	0.57	3.89	0.71	0.24	**29.35**
Trimester 3	7.65	0.52	4.70	1.25	5.27	2.06	2.49	0.57	3.89	0.71	0.24	**29.35**
Lactation(c)	7.97	0.52	5.74	1.04	5.27	2.27	2.49	0.62	3.89	0.71	0.32	**30.85**
Family of Four (d)	22.62	2.34	21.15	3.95	22.74	7.79	9.71	3.86	14.86	3.75	1.53	**114.30**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR RIMBEY, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.37	0.49	3.05	0.22	2.45	0.92	1.13	0.38	2.64	0.42	0.09	**16.15**
2-3 years	4.70	0.66	3.05	0.22	3.86	0.92	1.13	0.53	2.77	0.42	0.09	**18.33**
4-6 years	6.38	0.66	3.81	0.65	4.56	1.72	1.63	1.08	3.17	0.63	0.27	**24.54**
Boy												
7-9 years	5.71	0.66	3.81	1.08	5.96	1.95	1.77	0.90	3.43	1.05	0.54	**26.85**
10-12 years	7.39	0.66	4.06	1.08	6.31	1.95	1.98	0.93	4.22	1.26	0.71	**30.56**
13-15 years	8.06	0.82	4.06	1.08	7.01	1.95	2.41	1.23	4.62	1.47	0.71	**33.41**
16-18 years	8.06	0.99	6.60	1.08	8.06	1.95	2.69	1.46	5.01	1.67	0.80	**38.38**
Girl												
7-9 years	5.71	0.66	3.81	0.86	4.91	1.95	1.77	0.76	3.30	0.84	0.36	**24.92**
10-12 years	6.72	0.66	3.81	0.86	5.61	1.95	1.77	0.82	3.43	1.05	0.54	**27.20**
13-15 years	7.05	0.66	4.06	1.08	5.78	1.95	2.26	0.85	4.49	0.84	0.54	**29.56**
16-18 years	7.05	0.66	4.32	1.08	5.61	1.95	2.26	0.79	4.35	0.84	0.36	**29.27**
Man												
19-24 years	7.39	0.99	6.60	1.08	7.36	2.18	2.69	1.40	4.35	1.47	0.62	**36.13**
25-49 years	5.37	0.99	6.60	1.08	7.36	2.18	2.69	1.69	4.35	1.26	0.36	**33.93**
50-74 years	4.70	0.82	4.82	1.08	5.61	2.18	2.69	0.93	4.35	1.26	0.45	**28.89**
75+ years	4.70	0.66	4.82	0.86	5.78	2.18	2.05	0.82	4.62	0.84	0.36	**27.69**
Woman												
19-24 years	5.71	0.66	6.09	1.08	5.61	2.18	1.98	0.79	4.35	0.84	0.36	**29.65**
25-49 years	4.70	0.49	6.09	1.08	4.91	2.18	1.98	0.67	4.35	0.84	0.27	**27.57**
50-74 years	4.70	0.49	4.57	0.86	4.21	2.18	1.98	0.64	4.35	0.84	0.27	**25.10**
75+ years	4.37	0.49	4.06	0.86	3.51	2.18	1.98	0.58	4.35	0.63	0.27	**23.28**
Pregnancy(b,c)												
Trimester 1	8.06	0.66	4.57	1.08	5.43	2.18	2.26	0.58	4.35	0.63	0.27	**30.08**
Trimester 2	8.06	0.66	4.57	1.29	5.61	2.18	2.26	0.64	4.35	0.84	0.27	**30.74**
Trimester 3	8.06	0.66	4.57	1.29	5.61	2.18	2.26	0.64	4.35	0.84	0.27	**30.74**
Lactation(c)	8.40	0.66	5.59	1.08	5.61	2.41	2.26	0.70	4.35	0.84	0.36	**32.25**
Family of Four (d)	23.85	2.97	20.57	4.09	24.19	8.26	8.84	4.35	16.62	4.40	1.69	**119.83**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR EDMONTON, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.37	0.38	3.12	0.23	2.48	0.93	1.29	0.35	2.43	0.38	0.09	**16.04**
2-3 years	4.70	0.51	3.12	0.23	3.89	0.93	1.29	0.49	2.55	0.38	0.09	**18.17**
4-6 years	6.38	0.51	3.90	0.69	4.60	1.74	1.85	1.00	2.92	0.57	0.26	**24.42**
Boy												
7-9 years	5.71	0.51	3.90	1.16	6.02	1.98	2.01	0.84	3.16	0.94	0.51	**26.73**
10-12 years	7.39	0.51	4.16	1.16	6.37	1.98	2.25	0.87	3.89	1.13	0.68	**30.38**
13-15 years	8.06	0.63	4.16	1.16	7.08	1.98	2.74	1.14	4.25	1.32	0.68	**33.19**
16-18 years	8.06	0.76	6.75	1.16	8.14	1.98	3.06	1.35	4.62	1.51	0.77	**38.16**
Girl												
7-9 years	5.71	0.51	3.90	0.92	4.96	1.98	2.01	0.70	3.04	0.76	0.34	**24.82**
10-12 years	6.72	0.51	3.90	0.92	5.66	1.98	2.01	0.76	3.16	0.94	0.51	**27.07**
13-15 years	7.05	0.51	4.16	1.16	5.84	1.98	2.58	0.79	4.13	0.76	0.51	**29.45**
16-18 years	7.05	0.51	4.42	1.16	5.66	1.98	2.58	0.73	4.01	0.76	0.34	**29.18**
Man												
19-24 years	7.39	0.76	6.75	1.16	7.43	2.21	3.06	1.30	4.01	1.32	0.60	**35.99**
25-49 years	5.37	0.76	6.75	1.16	7.43	2.21	3.06	1.57	4.01	1.13	0.34	**33.80**
50-74 years	4.70	0.63	4.94	1.16	5.66	2.21	3.06	0.87	4.01	1.13	0.43	**28.79**
75+ years	4.70	0.51	4.94	0.92	5.84	2.21	2.33	0.76	4.25	0.76	0.34	**27.56**
Woman												
19-24 years	5.71	0.51	6.23	1.16	5.66	2.21	2.25	0.73	4.01	0.76	0.34	**29.57**
25-49 years	4.70	0.38	6.23	1.16	4.96	2.21	2.25	0.62	4.01	0.76	0.26	**27.53**
50-74 years	4.70	0.38	4.68	0.92	4.25	2.21	2.25	0.60	4.01	0.76	0.26	**25.01**
75+ years	4.37	0.38	4.16	0.92	3.54	2.21	2.25	0.54	4.01	0.57	0.26	**23.20**
Pregnancy(b,c)												
Trimester 1	8.06	0.51	4.68	1.16	5.49	2.21	2.58	0.54	4.01	0.57	0.26	**30.04**
Trimester 2	8.06	0.51	4.68	1.39	5.66	2.21	2.58	0.60	4.01	0.76	0.26	**30.70**
Trimester 3	8.06	0.51	4.68	1.39	5.66	2.21	2.58	0.60	4.01	0.76	0.26	**30.70**
Lactation(c)	8.40	0.51	5.72	1.16	5.66	2.44	2.58	0.65	4.01	0.76	0.34	**32.21**
Family of Four (d)	23.85	2.28	21.04	4.39	24.42	8.37	10.06	4.04	15.31	3.97	1.62	**119.35**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR COLD LAKE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.86	0.42	3.29	0.22	2.49	1.02	1.29	0.32	2.59	0.40	0.09	**16.98**
2-3 years	5.24	0.56	3.29	0.22	3.91	1.02	1.29	0.44	2.72	0.40	0.09	**19.17**
4-6 years	7.10	0.56	4.12	0.66	4.62	1.90	1.86	0.91	3.10	0.60	0.26	**25.69**
Boy												
7-9 years	6.36	0.56	4.12	1.09	6.04	2.16	2.02	0.76	3.36	0.99	0.52	**27.98**
10-12 years	8.23	0.56	4.39	1.09	6.39	2.16	2.26	0.79	4.14	1.19	0.69	**31.90**
13-15 years	8.97	0.70	4.39	1.09	7.10	2.16	2.75	1.04	4.53	1.39	0.69	**34.82**
16-18 years	8.97	0.84	7.14	1.09	8.17	2.16	3.07	1.23	4.91	1.59	0.78	**39.96**
Girl												
7-9 years	6.36	0.56	4.12	0.87	4.97	2.16	2.02	0.64	3.23	0.80	0.35	**26.08**
10-12 years	7.48	0.56	4.12	0.87	5.68	2.16	2.02	0.69	3.36	0.99	0.52	**28.46**
13-15 years	7.85	0.56	4.39	1.09	5.86	2.16	2.59	0.72	4.40	0.80	0.52	**30.93**
16-18 years	7.85	0.56	4.67	1.09	5.68	2.16	2.59	0.67	4.27	0.80	0.35	**30.67**
Man												
19-24 years	8.23	0.84	7.14	1.09	7.46	2.41	3.07	1.18	4.27	1.39	0.61	**37.69**
25-49 years	5.98	0.84	7.14	1.09	7.46	2.41	3.07	1.43	4.27	1.19	0.35	**35.23**
50-74 years	5.24	0.70	5.22	1.09	5.68	2.41	3.07	0.79	4.27	1.19	0.43	**30.09**
75+ years	5.24	0.56	5.22	0.87	5.86	2.41	2.35	0.69	4.53	0.80	0.35	**28.86**
Woman												
19-24 years	6.36	0.56	6.59	1.09	5.68	2.41	2.26	0.67	4.27	0.80	0.35	**31.03**
25-49 years	5.24	0.42	6.59	1.09	4.97	2.41	2.26	0.57	4.27	0.80	0.26	**28.87**
50-74 years	5.24	0.42	4.94	0.87	4.26	2.41	2.26	0.54	4.27	0.80	0.26	**26.27**
75+ years	4.86	0.42	4.39	0.87	3.55	2.41	2.26	0.49	4.27	0.60	0.26	**24.39**
Pregnancy(b,c)												
Trimester 1	8.97	0.56	4.94	1.09	5.50	2.41	2.59	0.49	4.27	0.60	0.26	**31.69**
Trimester 2	8.97	0.56	4.94	1.31	5.68	2.41	2.59	0.54	4.27	0.80	0.26	**32.33**
Trimester 3	8.97	0.56	4.94	1.31	5.68	2.41	2.59	0.54	4.27	0.80	0.26	**32.33**
Lactation(c)	9.35	0.56	6.04	1.09	5.68	2.66	2.59	0.59	4.27	0.80	0.35	**33.98**
Family of Four (d)	26.55	2.53	22.23	4.15	24.50	9.14	10.11	3.68	16.29	4.17	1.65	**125.00**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR ELKPOINT, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.90	0.45	3.37	0.24	2.72	0.94	1.62	0.50	3.00	0.47	0.09	**18.30**
2-3 years	5.28	0.60	3.37	0.24	4.28	0.94	1.62	0.69	3.15	0.47	0.09	**20.72**
4-6 years	7.17	0.60	4.21	0.73	5.06	1.77	2.32	1.42	3.60	0.71	0.26	**27.84**
Boy												
7-9 years	6.41	0.60	4.21	1.22	6.61	2.01	2.53	1.19	3.89	1.18	0.52	**30.36**
10-12 years	8.30	0.60	4.49	1.22	7.00	2.01	2.83	1.23	4.79	1.41	0.69	**34.56**
13-15 years	9.05	0.75	4.49	1.22	7.78	2.01	3.44	1.61	5.24	1.65	0.69	**37.92**
16-18 years	9.05	0.89	7.30	1.22	8.95	2.01	3.84	1.92	5.69	1.88	0.78	**43.53**
Girl												
7-9 years	6.41	0.60	4.21	0.97	5.45	2.01	2.53	1.00	3.74	0.94	0.34	**28.20**
10-12 years	7.54	0.60	4.21	0.97	6.22	2.01	2.53	1.08	3.89	1.18	0.52	**30.74**
13-15 years	7.92	0.60	4.49	1.22	6.42	2.01	3.23	1.11	5.09	0.94	0.52	**33.55**
16-18 years	7.92	0.60	4.77	1.22	6.22	2.01	3.23	1.04	4.94	0.94	0.34	**33.24**
Man												
19-24 years	8.30	0.89	7.30	1.22	8.17	2.24	3.84	1.85	4.94	1.65	0.60	**41.00**
25-49 years	6.03	0.89	7.30	1.22	8.17	2.24	3.84	2.23	4.94	1.41	0.34	**38.62**
50-74 years	5.28	0.75	5.33	1.22	6.22	2.24	3.84	1.23	4.94	1.41	0.43	**32.90**
75+ years	5.28	0.60	5.33	0.97	6.42	2.24	2.93	1.08	5.24	0.94	0.34	**31.38**
Woman												
19-24 years	6.41	0.60	6.74	1.22	6.22	2.24	2.83	1.04	4.94	0.94	0.34	**33.52**
25-49 years	5.28	0.45	6.74	1.22	5.45	2.24	2.83	0.88	4.94	0.94	0.26	**31.23**
50-74 years	5.28	0.45	5.05	0.97	4.67	2.24	2.83	0.85	4.94	0.94	0.26	**28.48**
75+ years	4.90	0.45	4.49	0.97	3.89	2.24	2.83	0.77	4.94	0.71	0.26	**26.45**
Pregnancy(b,c)												
Trimester 1	9.05	0.60	5.05	1.22	6.03	2.24	3.23	0.77	4.94	0.71	0.26	**34.10**
Trimester 2	9.05	0.60	5.05	1.46	6.22	2.24	3.23	0.85	4.94	0.94	0.26	**34.85**
Trimester 3	9.05	0.60	5.05	1.46	6.22	2.24	3.23	0.85	4.94	0.94	0.26	**34.85**
Lactation(c)	9.43	0.60	6.17	1.22	6.22	2.48	3.23	0.92	4.94	0.94	0.34	**36.51**
Family of Four (d)	26.78	2.68	22.74	4.62	26.84	8.50	12.63	5.73	18.87	4.94	1.64	**135.97**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR FORT SASKATCHEWAN, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.38	0.37	3.31	0.23	2.74	0.98	1.30	0.34	2.64	0.40	0.09	**16.79**
2-3 years	4.71	0.50	3.31	0.23	4.31	0.98	1.30	0.47	2.77	0.40	0.09	**19.08**
4-6 years	6.39	0.50	4.13	0.70	5.10	1.84	1.86	0.97	3.17	0.61	0.26	**25.54**
Boy												
7-9 years	5.72	0.50	4.13	1.17	6.67	2.09	2.02	0.82	3.43	1.01	0.53	**28.09**
10-12 years	7.40	0.50	4.41	1.17	7.06	2.09	2.27	0.84	4.22	1.21	0.71	**31.88**
13-15 years	8.08	0.62	4.41	1.17	7.84	2.09	2.75	1.11	4.62	1.42	0.71	**34.81**
16-18 years	8.08	0.74	7.16	1.17	9.02	2.09	3.08	1.32	5.01	1.62	0.79	**40.08**
Girl												
7-9 years	5.72	0.50	4.13	0.94	5.49	2.09	2.02	0.68	3.30	0.81	0.35	**26.03**
10-12 years	6.73	0.50	4.13	0.94	6.27	2.09	2.02	0.74	3.43	1.01	0.53	**28.39**
13-15 years	7.07	0.50	4.41	1.17	6.47	2.09	2.59	0.76	4.49	0.81	0.53	**30.88**
16-18 years	7.07	0.50	4.68	1.17	6.27	2.09	2.59	0.71	4.35	0.81	0.35	**30.60**
Man												
19-24 years	7.40	0.74	7.16	1.17	8.23	2.34	3.08	1.26	4.35	1.42	0.62	**37.78**
25-49 years	5.39	0.74	7.16	1.17	8.23	2.34	3.08	1.53	4.35	1.21	0.35	**35.56**
50-74 years	4.71	0.62	5.23	1.17	6.27	2.34	3.08	0.84	4.35	1.21	0.44	**30.27**
75+ years	4.71	0.50	5.23	0.94	6.47	2.34	2.35	0.74	4.62	0.81	0.35	**29.05**
Woman												
19-24 years	5.72	0.50	6.61	1.17	6.27	2.34	2.27	0.71	4.35	0.81	0.35	**31.10**
25-49 years	4.71	0.37	6.61	1.17	5.49	2.34	2.27	0.61	4.35	0.81	0.26	**28.99**
50-74 years	4.71	0.37	4.96	0.94	4.71	2.34	2.27	0.58	4.35	0.81	0.26	**26.29**
75+ years	4.38	0.37	4.41	0.94	3.92	2.34	2.27	0.53	4.35	0.61	0.26	**24.37**
Pregnancy(b,c)												
Trimester 1	8.08	0.50	4.96	1.17	6.08	2.34	2.59	0.53	4.35	0.61	0.26	**31.46**
Trimester 2	8.08	0.50	4.96	1.40	6.27	2.34	2.59	0.58	4.35	0.81	0.26	**32.14**
Trimester 3	8.08	0.50	4.96	1.40	6.27	2.34	2.59	0.58	4.35	0.81	0.26	**32.14**
Lactation(c)	8.41	0.50	6.06	1.17	6.27	2.58	2.59	0.63	4.35	0.81	0.35	**33.74**
Family of Four (d)	23.90	2.23	22.31	4.44	27.06	8.85	10.12	3.92	16.63	4.25	1.68	**125.39**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR LAC LA BICHE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.44	0.47	3.11	0.22	2.55	0.86	1.32	0.37	2.67	0.43	0.10	**16.56**
2-3 years	4.78	0.63	3.11	0.22	4.01	0.86	1.32	0.51	2.81	0.43	0.10	**18.79**
4-6 years	6.49	0.63	3.89	0.66	4.74	1.62	1.90	1.06	3.21	0.64	0.29	**25.13**
Boy												
7-9 years	5.81	0.63	3.89	1.11	6.20	1.84	2.07	0.88	3.48	1.06	0.57	**27.54**
10-12 years	7.52	0.63	4.15	1.11	6.57	1.84	2.32	0.91	4.28	1.28	0.76	**31.36**
13-15 years	8.20	0.79	4.15	1.11	7.30	1.84	2.81	1.20	4.68	1.49	0.76	**34.32**
16-18 years	8.20	0.94	6.74	1.11	8.39	1.84	3.15	1.43	5.08	1.70	0.86	**39.44**
Girl												
7-9 years	5.81	0.63	3.89	0.89	5.11	1.84	2.07	0.74	3.34	0.85	0.38	**25.55**
10-12 years	6.83	0.63	3.89	0.89	5.84	1.84	2.07	0.80	3.48	1.06	0.57	**27.89**
13-15 years	7.17	0.63	4.15	1.11	6.02	1.84	2.65	0.83	4.55	0.85	0.57	**30.36**
16-18 years	7.17	0.63	4.41	1.11	5.84	1.84	2.65	0.77	4.41	0.85	0.38	**30.06**
Man												
19-24 years	7.52	0.94	6.74	1.11	7.66	2.05	3.15	1.37	4.41	1.49	0.67	**37.11**
25-49 years	5.47	0.94	6.74	1.11	7.66	2.05	3.15	1.65	4.41	1.28	0.38	**34.85**
50-74 years	4.78	0.79	4.93	1.11	5.84	2.05	3.15	0.91	4.41	1.28	0.48	**29.72**
75+ years	4.78	0.63	4.93	0.89	6.02	2.05	2.40	0.80	4.68	0.85	0.38	**28.41**
Woman												
19-24 years	5.81	0.63	6.23	1.11	5.84	2.05	2.32	0.77	4.41	0.85	0.38	**30.39**
25-49 years	4.78	0.47	6.23	1.11	5.11	2.05	2.32	0.66	4.41	0.85	0.29	**28.27**
50-74 years	4.78	0.47	4.67	0.89	4.38	2.05	2.32	0.63	4.41	0.85	0.29	**25.74**
75+ years	4.44	0.47	4.15	0.89	3.65	2.05	2.32	0.57	4.41	0.64	0.29	**23.88**
Pregnancy(b,c)												
Trimester 1	8.20	0.63	4.67	1.11	5.66	2.05	2.65	0.57	4.41	0.64	0.29	**30.87**
Trimester 2	8.20	0.63	4.67	1.33	5.84	2.05	2.65	0.63	4.41	0.85	0.29	**31.54**
Trimester 3	8.20	0.63	4.67	1.33	5.84	2.05	2.65	0.63	4.41	0.85	0.29	**31.54**
Lactation(c)	8.54	0.63	5.71	1.11	5.84	2.27	2.65	0.68	4.41	0.85	0.38	**33.07**
Family of Four (d)	24.26	2.83	21.01	4.21	25.18	7.77	10.35	4.25	16.84	4.47	1.81	**122.99**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR REDWATER, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.74	0.50	2.72	0.24	2.56	0.87	1.30	0.36	2.84	0.41	0.09	**16.63**
2-3 years	5.11	0.66	2.72	0.24	4.03	0.87	1.30	0.49	2.98	0.41	0.09	**18.90**
4-6 years	6.93	0.66	3.40	0.73	4.76	1.62	1.86	1.01	3.41	0.62	0.28	**25.29**
Boy												
7-9 years	6.20	0.66	3.40	1.22	6.22	1.84	2.03	0.85	3.69	1.03	0.55	**27.70**
10-12 years	8.03	0.66	3.63	1.22	6.59	1.84	2.27	0.88	4.54	1.23	0.74	**31.62**
13-15 years	8.75	0.83	3.63	1.22	7.32	1.84	2.76	1.15	4.97	1.44	0.74	**34.64**
16-18 years	8.75	0.99	5.90	1.22	8.42	1.84	3.08	1.37	5.39	1.64	0.83	**39.44**
Girl												
7-9 years	6.20	0.66	3.40	0.97	5.12	1.84	2.03	0.71	3.55	0.82	0.37	**25.68**
10-12 years	7.30	0.66	3.40	0.97	5.86	1.84	2.03	0.77	3.69	1.03	0.55	**28.10**
13-15 years	7.66	0.66	3.63	1.22	6.04	1.84	2.59	0.80	4.83	0.82	0.55	**30.64**
16-18 years	7.66	0.66	3.86	1.22	5.86	1.84	2.59	0.74	4.68	0.82	0.37	**30.30**
Man												
19-24 years	8.03	0.99	5.90	1.22	7.69	2.05	3.08	1.32	4.68	1.44	0.65	**37.04**
25-49 years	5.84	0.99	5.90	1.22	7.69	2.05	3.08	1.59	4.68	1.23	0.37	**34.65**
50-74 years	5.11	0.83	4.31	1.22	5.86	2.05	3.08	0.88	4.68	1.23	0.46	**29.71**
75+ years	5.11	0.66	4.31	0.97	6.04	2.05	2.35	0.77	4.97	0.82	0.37	**28.43**
Woman												
19-24 years	6.20	0.66	5.45	1.22	5.86	2.05	2.27	0.74	4.68	0.82	0.37	**30.33**
25-49 years	5.11	0.50	5.45	1.22	5.12	2.05	2.27	0.63	4.68	0.82	0.28	**28.13**
50-74 years	5.11	0.50	4.09	0.97	4.39	2.05	2.27	0.60	4.68	0.82	0.28	**25.77**
75+ years	4.74	0.50	3.63	0.97	3.66	2.05	2.27	0.55	4.68	0.62	0.28	**23.96**
Pregnancy(b,c)												
Trimester 1	8.75	0.66	4.09	1.22	5.67	2.05	2.59	0.55	4.68	0.62	0.28	**31.17**
Trimester 2	8.75	0.66	4.09	1.46	5.86	2.05	2.59	0.60	4.68	0.82	0.28	**31.86**
Trimester 3	8.75	0.66	4.09	1.46	5.86	2.05	2.59	0.60	4.68	0.82	0.28	**31.86**
Lactation(c)	9.12	0.66	4.99	1.22	5.86	2.27	2.59	0.66	4.68	0.82	0.37	**33.25**
Family of Four (d)	25.90	2.98	18.38	4.63	25.25	7.79	10.13	4.09	17.89	4.31	1.76	**123.11**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR SMOKY LAKE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.91	0.54	3.72	0.26	2.56	0.85	1.59	0.32	2.57	0.50	0.08	**17.89**
2-3 years	5.28	0.72	3.72	0.26	4.02	0.85	1.59	0.44	2.70	0.50	0.08	**20.16**
4-6 years	7.17	0.72	4.65	0.77	4.75	1.59	2.29	0.91	3.08	0.75	0.24	**26.93**
Boy												
7-9 years	6.42	0.72	4.65	1.29	6.21	1.80	2.48	0.76	3.34	1.25	0.47	**29.41**
10-12 years	8.30	0.72	4.96	1.29	6.58	1.80	2.78	0.79	4.11	1.50	0.63	**33.47**
13-15 years	9.06	0.90	4.96	1.29	7.31	1.80	3.38	1.04	4.50	1.75	0.63	**36.61**
16-18 years	9.06	1.08	8.07	1.29	8.41	1.80	3.78	1.23	4.88	2.00	0.71	**42.30**
Girl												
7-9 years	6.42	0.72	4.65	1.03	5.12	1.80	2.48	0.64	3.21	1.00	0.32	**27.39**
10-12 years	7.55	0.72	4.65	1.03	5.85	1.80	2.48	0.69	3.34	1.25	0.47	**29.84**
13-15 years	7.93	0.72	4.96	1.29	6.03	1.80	3.18	0.72	4.37	1.00	0.47	**32.47**
16-18 years	7.93	0.72	5.27	1.29	5.85	1.80	3.18	0.67	4.24	1.00	0.32	**32.26**
Man												
19-24 years	8.30	1.08	8.07	1.29	7.68	2.01	3.78	1.18	4.24	1.75	0.55	**39.93**
25-49 years	6.04	1.08	8.07	1.29	7.68	2.01	3.78	1.43	4.24	1.50	0.32	**37.42**
50-74 years	5.28	0.90	5.89	1.29	5.85	2.01	3.78	0.79	4.24	1.50	0.40	**31.93**
75+ years	5.28	0.72	5.89	1.03	6.03	2.01	2.88	0.69	4.50	1.00	0.32	**30.36**
Woman												
19-24 years	6.42	0.72	7.45	1.29	5.85	2.01	2.78	0.67	4.24	1.00	0.32	**32.74**
25-49 years	5.28	0.54	7.45	1.29	5.12	2.01	2.78	0.57	4.24	1.00	0.24	**30.51**
50-74 years	5.28	0.54	5.58	1.03	4.39	2.01	2.78	0.54	4.24	1.00	0.24	**27.64**
75+ years	4.91	0.54	4.96	1.03	3.66	2.01	2.78	0.49	4.24	0.75	0.24	**25.61**
Pregnancy(b,c)												
Trimester 1	9.06	0.72	5.58	1.29	5.67	2.01	3.18	0.49	4.24	0.75	0.24	**33.23**
Trimester 2	9.06	0.72	5.58	1.55	5.85	2.01	3.18	0.54	4.24	1.00	0.24	**33.97**
Trimester 3	9.06	0.72	5.58	1.55	5.85	2.01	3.18	0.54	4.24	1.00	0.24	**33.97**
Lactation(c)	9.44	0.72	6.83	1.29	5.85	2.22	3.18	0.59	4.24	1.00	0.32	**35.67**
Family of Four (d)	26.80	3.24	25.13	4.90	25.22	7.62	12.42	3.68	16.18	5.24	1.50	**131.94**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR ST. PAUL, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.76	0.43	3.11	0.24	2.60	0.94	1.25	0.43	2.91	0.42	0.08	**17.16**
2-3 years	5.12	0.58	3.11	0.24	4.09	0.94	1.25	0.59	3.06	0.42	0.08	**19.47**
4-6 years	6.95	0.58	3.89	0.71	4.83	1.75	1.80	1.22	3.49	0.63	0.24	**26.09**
Boy												
7-9 years	6.22	0.58	3.89	1.18	6.32	1.99	1.95	1.02	3.78	1.05	0.48	**28.46**
10-12 years	8.05	0.58	4.15	1.18	6.69	1.99	2.19	1.05	4.66	1.26	0.64	**32.43**
13-15 years	8.78	0.72	4.15	1.18	7.43	1.99	2.65	1.38	5.09	1.47	0.64	**35.49**
16-18 years	8.78	0.87	6.74	1.18	8.55	1.99	2.97	1.65	5.53	1.68	0.72	**40.65**
Girl												
7-9 years	6.22	0.58	3.89	0.94	5.20	1.99	1.95	0.86	3.64	0.84	0.32	**26.43**
10-12 years	7.32	0.58	3.89	0.94	5.95	1.99	1.95	0.92	3.78	1.05	0.48	**28.85**
13-15 years	7.68	0.58	4.15	1.18	6.13	1.99	2.50	0.96	4.95	0.84	0.48	**31.43**
16-18 years	7.68	0.58	4.41	1.18	5.95	1.99	2.50	0.89	4.80	0.84	0.32	**31.13**
Man												
19-24 years	8.05	0.87	6.74	1.18	7.80	2.22	2.97	1.58	4.80	1.47	0.56	**38.25**
25-49 years	5.85	0.87	6.74	1.18	7.80	2.22	2.97	1.91	4.80	1.26	0.32	**35.93**
50-74 years	5.12	0.72	4.93	1.18	5.95	2.22	2.97	1.05	4.80	1.26	0.40	**30.60**
75+ years	5.12	0.58	4.93	0.94	6.13	2.22	2.26	0.92	5.09	0.84	0.32	**29.36**
Woman												
19-24 years	6.22	0.58	6.23	1.18	5.95	2.22	2.19	0.89	4.80	0.84	0.32	**31.41**
25-49 years	5.12	0.43	6.23	1.18	5.20	2.22	2.19	0.76	4.80	0.84	0.24	**29.21**
50-74 years	5.12	0.43	4.67	0.94	4.46	2.22	2.19	0.72	4.80	0.84	0.24	**26.64**
75+ years	4.76	0.43	4.15	0.94	3.72	2.22	2.19	0.66	4.80	0.63	0.24	**24.74**
Pregnancy(b,c)												
Trimester 1	8.78	0.58	4.67	1.18	5.76	2.22	2.50	0.66	4.80	0.63	0.24	**32.02**
Trimester 2	8.78	0.58	4.67	1.41	5.95	2.22	2.50	0.72	4.80	0.84	0.24	**32.71**
Trimester 3	8.78	0.58	4.67	1.41	5.95	2.22	2.50	0.72	4.80	0.84	0.24	**32.71**
Lactation(c)	9.14	0.58	5.71	1.18	5.95	2.45	2.50	0.79	4.80	0.84	0.32	**34.26**
Family of Four (d)	25.97	2.61	21.01	4.47	25.64	8.42	9.76	4.91	18.34	4.42	1.52	**127.06**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR TWO HILLS, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.59	0.50	3.25	0.23	2.55	1.03	1.31	0.51	2.60	0.45	0.09	**17.11**
2-3 years	4.94	0.66	3.25	0.23	4.01	1.03	1.31	0.71	2.73	0.45	0.09	**19.41**
4-6 years	6.71	0.66	4.06	0.69	4.74	1.93	1.88	1.46	3.12	0.67	0.27	**26.20**
Boy												
7-9 years	6.00	0.66	4.06	1.15	6.19	2.19	2.05	1.23	3.38	1.12	0.55	**28.58**
10-12 years	7.77	0.66	4.33	1.15	6.56	2.19	2.29	1.27	4.16	1.35	0.73	**32.45**
13-15 years	8.47	0.83	4.33	1.15	7.29	2.19	2.78	1.66	4.54	1.57	0.73	**35.55**
16-18 years	8.47	0.99	7.03	1.15	8.38	2.19	3.11	1.98	4.93	1.80	0.82	**40.87**
Girl												
7-9 years	6.00	0.66	4.06	0.92	5.10	2.19	2.05	1.03	3.25	0.90	0.36	**26.52**
10-12 years	7.06	0.66	4.06	0.92	5.83	2.19	2.05	1.11	3.38	1.12	0.55	**28.93**
13-15 years	7.41	0.66	4.33	1.15	6.01	2.19	2.62	1.15	4.41	0.90	0.55	**31.39**
16-18 years	7.41	0.66	4.60	1.15	5.83	2.19	2.62	1.07	4.28	0.90	0.36	**31.08**
Man												
19-24 years	7.77	0.99	7.03	1.15	7.65	2.45	3.11	1.90	4.28	1.57	0.64	**38.55**
25-49 years	5.65	0.99	7.03	1.15	7.65	2.45	3.11	2.29	4.28	1.35	0.36	**36.33**
50-74 years	4.94	0.83	5.14	1.15	5.83	2.45	3.11	1.27	4.28	1.35	0.46	**30.81**
75+ years	4.94	0.66	5.14	0.92	6.01	2.45	2.37	1.11	4.54	0.90	0.36	**29.42**
Woman												
19-24 years	6.00	0.66	6.49	1.15	5.83	2.45	2.29	1.07	4.28	0.90	0.36	**31.50**
25-49 years	4.94	0.50	6.49	1.15	5.10	2.45	2.29	0.91	4.28	0.90	0.27	**29.29**
50-74 years	4.94	0.50	4.87	0.92	4.37	2.45	2.29	0.87	4.28	0.90	0.27	**26.67**
75+ years	4.59	0.50	4.33	0.92	3.64	2.45	2.29	0.79	4.28	0.67	0.27	**24.75**
Pregnancy(b,c)												
Trimester 1	8.47	0.66	4.87	1.15	5.65	2.45	2.62	0.79	4.28	0.67	0.27	**31.90**
Trimester 2	8.47	0.66	4.87	1.39	5.83	2.45	2.62	0.87	4.28	0.90	0.27	**32.61**
Trimester 3	8.47	0.66	4.87	1.39	5.83	2.45	2.62	0.87	4.28	0.90	0.27	**32.61**
Lactation(c)	8.82	0.66	5.95	1.15	5.83	2.71	2.62	0.95	4.28	0.90	0.36	**34.25**
Family of Four (d)	25.06	2.98	21.91	4.39	25.14	9.28	10.23	5.89	16.36	4.72	1.73	**127.70**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR VEGREVILLE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.72	0.46	3.52	0.21	2.60	0.88	1.24	0.48	2.65	0.45	0.09	**17.29**
2-3 years	5.08	0.61	3.52	0.21	4.08	0.88	1.24	0.66	2.78	0.45	0.09	**19.60**
4-6 years	6.90	0.61	4.40	0.63	4.82	1.65	1.78	1.35	3.17	0.68	0.27	**26.27**
Boy												
7-9 years	6.17	0.61	4.40	1.04	6.31	1.87	1.93	1.13	3.44	1.13	0.54	**28.58**
10-12 years	7.99	0.61	4.70	1.04	6.68	1.87	2.16	1.17	4.23	1.36	0.72	**32.53**
13-15 years	8.71	0.77	4.70	1.04	7.42	1.87	2.63	1.54	4.63	1.58	0.72	**35.61**
16-18 years	8.71	0.92	7.63	1.04	8.53	1.87	2.94	1.83	5.03	1.81	0.81	**41.12**
Girl												
7-9 years	6.17	0.61	4.40	0.83	5.20	1.87	1.93	0.95	3.31	0.90	0.36	**26.54**
10-12 years	7.26	0.61	4.40	0.83	5.94	1.87	1.93	1.02	3.44	1.13	0.54	**28.98**
13-15 years	7.62	0.61	4.70	1.04	6.12	1.87	2.47	1.06	4.50	0.90	0.54	**31.44**
16-18 years	7.62	0.61	4.99	1.04	5.94	1.87	2.47	0.99	4.36	0.90	0.36	**31.17**
Man												
19-24 years	7.99	0.92	7.63	1.04	7.79	2.09	2.94	1.76	4.36	1.58	0.63	**38.73**
25-49 years	5.81	0.92	7.63	1.04	7.79	2.09	2.94	2.12	4.36	1.36	0.36	**36.42**
50-74 years	5.08	0.77	5.58	1.04	5.94	2.09	2.94	1.17	4.36	1.36	0.45	**30.77**
75+ years	5.08	0.61	5.58	0.83	6.12	2.09	2.24	1.02	4.63	0.90	0.36	**29.48**
Woman												
19-24 years	6.17	0.61	7.05	1.04	5.94	2.09	2.16	0.99	4.36	0.90	0.36	**31.68**
25-49 years	5.08	0.46	7.05	1.04	5.20	2.09	2.16	0.84	4.36	0.90	0.27	**29.46**
50-74 years	5.08	0.46	5.28	0.83	4.45	2.09	2.16	0.80	4.36	0.90	0.27	**26.71**
75+ years	4.72	0.46	4.70	0.83	3.71	2.09	2.16	0.73	4.36	0.68	0.27	**24.72**
Pregnancy(b,c)												
Trimester 1	8.71	0.61	5.28	1.04	5.75	2.09	2.47	0.73	4.36	0.68	0.27	**32.01**
Trimester 2	8.71	0.61	5.28	1.25	5.94	2.09	2.47	0.80	4.36	0.90	0.27	**32.70**
Trimester 3	8.71	0.61	5.28	1.25	5.94	2.09	2.47	0.80	4.36	0.90	0.27	**32.70**
Lactation(c)	9.08	0.61	6.46	1.04	5.94	2.31	2.47	0.88	4.36	0.90	0.36	**34.42**
Family of Four (d)	25.78	2.76	23.78	3.96	25.60	7.91	9.66	5.45	16.66	4.74	1.71	**128.03**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR EDSON, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.64	0.42	3.10	0.22	2.54	0.93	1.30	0.34	2.58	0.40	0.09	**16.57**
2-3 years	5.00	0.56	3.10	0.22	4.00	0.93	1.30	0.47	2.71	0.40	0.09	**18.78**
4-6 years	6.79	0.56	3.87	0.65	4.72	1.75	1.86	0.97	3.09	0.61	0.27	**25.16**
Boy												
7-9 years	6.07	0.56	3.87	1.09	6.18	1.98	2.03	0.82	3.35	1.01	0.54	**27.50**
10-12 years	7.86	0.56	4.13	1.09	6.54	1.98	2.27	0.84	4.12	1.21	0.72	**31.33**
13-15 years	8.57	0.70	4.13	1.09	7.27	1.98	2.76	1.11	4.51	1.42	0.72	**34.25**
16-18 years	8.57	0.84	6.71	1.09	8.36	1.98	3.08	1.32	4.90	1.62	0.81	**39.28**
Girl												
7-9 years	6.07	0.56	3.87	0.87	5.09	1.98	2.03	0.68	3.22	0.81	0.36	**25.55**
10-12 years	7.14	0.56	3.87	0.87	5.82	1.98	2.03	0.74	3.35	1.01	0.54	**27.91**
13-15 years	7.50	0.56	4.13	1.09	6.00	1.98	2.59	0.76	4.38	0.81	0.54	**30.35**
16-18 years	7.50	0.56	4.39	1.09	5.82	1.98	2.59	0.71	4.25	0.81	0.36	**30.06**
Man												
19-24 years	7.86	0.84	6.71	1.09	7.63	2.21	3.08	1.26	4.25	1.42	0.63	**36.99**
25-49 years	5.71	0.84	6.71	1.09	7.63	2.21	3.08	1.53	4.25	1.21	0.36	**34.64**
50-74 years	5.00	0.70	4.90	1.09	5.82	2.21	3.08	0.84	4.25	1.21	0.45	**29.57**
75+ years	5.00	0.56	4.90	0.87	6.00	2.21	2.35	0.74	4.51	0.81	0.36	**28.32**
Woman												
19-24 years	6.07	0.56	6.19	1.09	5.82	2.21	2.27	0.71	4.25	0.81	0.36	**30.35**
25-49 years	5.00	0.42	6.19	1.09	5.09	2.21	2.27	0.61	4.25	0.81	0.27	**28.22**
50-74 years	5.00	0.42	4.65	0.87	4.36	2.21	2.27	0.58	4.25	0.81	0.27	**25.70**
75+ years	4.64	0.42	4.13	0.87	3.63	2.21	2.27	0.53	4.25	0.61	0.27	**23.84**
Pregnancy(b,c)												
Trimester 1	8.57	0.56	4.65	1.09	5.63	2.21	2.59	0.53	4.25	0.61	0.27	**30.97**
Trimester 2	8.57	0.56	4.65	1.31	5.82	2.21	2.59	0.58	4.25	0.81	0.27	**31.62**
Trimester 3	8.57	0.56	4.65	1.31	5.82	2.21	2.59	0.58	4.25	0.81	0.27	**31.62**
Lactation(c)	8.93	0.56	5.68	1.09	5.82	2.45	2.59	0.63	4.25	0.81	0.36	**33.17**
Family of Four (d)	25.36	2.53	20.91	4.14	25.08	8.39	10.13	3.92	16.24	4.25	1.71	**122.66**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Production Economics and Statistics Branch
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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR GRANDE PRAIRIE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.11	0.39	3.16	0.22	2.35	0.85	1.23	0.36	2.28	0.39	0.08	**15.43**
2-3 years	4.42	0.52	3.16	0.22	3.70	0.85	1.23	0.50	2.39	0.39	0.08	**17.47**
4-6 years	6.00	0.52	3.95	0.67	4.37	1.59	1.77	1.02	2.74	0.59	0.25	**23.47**
Boy												
7-9 years	5.37	0.52	3.95	1.12	5.71	1.80	1.93	0.86	2.97	0.98	0.50	**25.70**
10-12 years	6.95	0.52	4.21	1.12	6.05	1.80	2.16	0.88	3.65	1.17	0.66	**29.18**
13-15 years	7.58	0.65	4.21	1.12	6.72	1.80	2.62	1.16	3.99	1.37	0.66	**31.89**
16-18 years	7.58	0.77	6.85	1.12	7.73	1.80	2.93	1.38	4.33	1.57	0.75	**36.81**
Girl												
7-9 years	5.37	0.52	3.95	0.90	4.70	1.80	1.93	0.72	2.85	0.78	0.33	**23.85**
10-12 years	6.32	0.52	3.95	0.90	5.38	1.80	1.93	0.77	2.97	0.98	0.50	**26.00**
13-15 years	6.64	0.52	4.21	1.12	5.54	1.80	2.47	0.80	3.88	0.78	0.50	**28.26**
16-18 years	6.64	0.52	4.48	1.12	5.38	1.80	2.47	0.75	3.76	0.78	0.33	**28.02**
Man												
19-24 years	6.95	0.77	6.85	1.12	7.06	2.01	2.93	1.33	3.76	1.37	0.58	**34.73**
25-49 years	5.06	0.77	6.85	1.12	7.06	2.01	2.93	1.60	3.76	1.17	0.33	**32.67**
50-74 years	4.42	0.65	5.00	1.12	5.38	2.01	2.93	0.88	3.76	1.17	0.41	**27.75**
75+ years	4.42	0.52	5.00	0.90	5.54	2.01	2.24	0.77	3.99	0.78	0.33	**26.51**
Woman												
19-24 years	5.37	0.52	6.32	1.12	5.38	2.01	2.16	0.75	3.76	0.78	0.33	**28.50**
25-49 years	4.42	0.39	6.32	1.12	4.70	2.01	2.16	0.64	3.76	0.78	0.25	**26.56**
50-74 years	4.42	0.39	4.74	0.90	4.03	2.01	2.16	0.61	3.76	0.78	0.25	**24.05**
75+ years	4.11	0.39	4.21	0.90	3.36	2.01	2.16	0.55	3.76	0.59	0.25	**22.29**
Pregnancy(b,c)												
Trimester 1	7.58	0.52	4.74	1.12	5.21	2.01	2.47	0.55	3.76	0.59	0.25	**28.80**
Trimester 2	7.58	0.52	4.74	1.35	5.38	2.01	2.47	0.61	3.76	0.78	0.25	**29.44**
Trimester 3	7.58	0.52	4.74	1.35	5.38	2.01	2.47	0.61	3.76	0.78	0.25	**29.44**
Lactation(c)	7.90	0.52	5.79	1.12	5.38	2.22	2.47	0.66	3.76	0.78	0.33	**30.94**
Family of Four (d)	22.44	2.32	21.33	4.26	23.19	7.61	9.65	4.12	14.37	4.11	1.57	**114.97**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR HIGH LEVEL, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	5.04	0.46	3.61	0.25	2.54	1.00	1.51	0.59	2.48	0.50	0.07	**18.05**
2-3 years	5.42	0.62	3.61	0.25	4.00	1.00	1.51	0.81	2.61	0.50	0.07	**20.40**
4-6 years	7.36	0.62	4.51	0.76	4.72	1.88	2.17	1.68	2.98	0.74	0.21	**27.63**
Boy												
7-9 years	6.59	0.62	4.51	1.26	6.18	2.13	2.35	1.40	3.23	1.24	0.42	**29.93**
10-12 years	8.52	0.62	4.81	1.26	6.54	2.13	2.64	1.45	3.97	1.49	0.56	**33.99**
13-15 years	9.30	0.77	4.81	1.26	7.27	2.13	3.20	1.90	4.34	1.74	0.56	**37.29**
16-18 years	9.30	0.92	7.82	1.26	8.36	2.13	3.58	2.26	4.72	1.98	0.63	**42.97**
Girl												
7-9 years	6.59	0.62	4.51	1.01	5.09	2.13	2.35	1.18	3.10	0.99	0.28	**27.85**
10-12 years	7.75	0.62	4.51	1.01	5.81	2.13	2.35	1.27	3.23	1.24	0.42	**30.34**
13-15 years	8.14	0.62	4.81	1.26	6.00	2.13	3.01	1.31	4.22	0.99	0.42	**32.91**
16-18 years	8.14	0.62	5.11	1.26	5.81	2.13	3.01	1.22	4.10	0.99	0.28	**32.68**
Man												
19-24 years	8.52	0.92	7.82	1.26	7.63	2.38	3.58	2.17	4.10	1.74	0.49	**40.62**
25-49 years	6.20	0.92	7.82	1.26	7.63	2.38	3.58	2.63	4.10	1.49	0.28	**38.29**
50-74 years	5.42	0.77	5.71	1.26	5.81	2.38	3.58	1.45	4.10	1.49	0.35	**32.33**
75+ years	5.42	0.62	5.71	1.01	6.00	2.38	2.73	1.27	4.34	0.99	0.28	**30.76**
Woman												
19-24 years	6.59	0.62	7.21	1.26	5.81	2.38	2.64	1.22	4.10	0.99	0.28	**33.11**
25-49 years	5.42	0.46	7.21	1.26	5.09	2.38	2.64	1.04	4.10	0.99	0.21	**30.81**
50-74 years	5.42	0.46	5.41	1.01	4.36	2.38	2.64	1.00	4.10	0.99	0.21	**27.98**
75+ years	5.04	0.46	4.81	1.01	3.63	2.38	2.64	0.91	4.10	0.74	0.21	**25.93**
Pregnancy(b,c)												
Trimester 1	9.30	0.62	5.41	1.26	5.63	2.38	3.01	0.91	4.10	0.74	0.21	**33.58**
Trimester 2	9.30	0.62	5.41	1.52	5.81	2.38	3.01	1.00	4.10	0.99	0.21	**34.35**
Trimester 3	9.30	0.62	5.41	1.52	5.81	2.38	3.01	1.00	4.10	0.99	0.21	**34.35**
Lactation(c)	9.69	0.62	6.61	1.26	5.81	2.63	3.01	1.09	4.10	0.99	0.28	**36.10**
Family of Four (d)	27.51	2.77	24.35	4.81	25.08	9.03	11.77	6.75	15.64	5.21	1.33	**134.24**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY AVERAGE COST FOR LA CRETE, ALBERTA ON NOVEMBER 5, 1998

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
					(DOLLARS PER WEEK)							
Child												
1 year	4.99	0.51	3.39	0.23	2.59	0.98	1.55	0.56	3.03	0.44	0.09	**18.35**
2-3 years	5.37	0.68	3.39	0.23	4.07	0.98	1.55	0.77	3.19	0.44	0.09	**20.75**
4-6 years	7.29	0.68	4.24	0.69	4.81	1.85	2.22	1.58	3.64	0.66	0.27	**27.92**
Boy												
7-9 years	6.52	0.68	4.24	1.15	6.29	2.09	2.41	1.32	3.94	1.09	0.54	**30.29**
10-12 years	8.44	0.68	4.52	1.15	6.66	2.09	2.70	1.37	4.85	1.31	0.72	**34.50**
13-15 years	9.20	0.85	4.52	1.15	7.40	2.09	3.28	1.80	5.31	1.53	0.72	**37.85**
16-18 years	9.20	1.02	7.35	1.15	8.51	2.09	3.67	2.14	5.76	1.75	0.81	**43.45**
Girl												
7-9 years	6.52	0.68	4.24	0.92	5.18	2.09	2.41	1.11	3.79	0.87	0.36	**28.18**
10-12 years	7.67	0.68	4.24	0.92	5.92	2.09	2.41	1.20	3.94	1.09	0.54	**30.71**
13-15 years	8.05	0.68	4.52	1.15	6.10	2.09	3.09	1.24	5.16	0.87	0.54	**33.50**
16-18 years	8.05	0.68	4.80	1.15	5.92	2.09	3.09	1.15	5.01	0.87	0.36	**33.18**
Man												
19-24 years	8.44	1.02	7.35	1.15	7.77	2.34	3.67	2.05	5.01	1.53	0.63	**40.95**
25-49 years	6.14	1.02	7.35	1.15	7.77	2.34	3.67	2.48	5.01	1.31	0.36	**38.59**
50-74 years	5.37	0.85	5.37	1.15	5.92	2.34	3.67	1.37	5.01	1.31	0.45	**32.80**
75+ years	5.37	0.68	5.37	0.92	6.10	2.34	2.80	1.20	5.31	0.87	0.36	**31.32**
Woman												
19-24 years	6.52	0.68	6.78	1.15	5.92	2.34	2.70	1.15	5.01	0.87	0.36	**33.49**
25-49 years	5.37	0.51	6.78	1.15	5.18	2.34	2.70	0.98	5.01	0.87	0.27	**31.17**
50-74 years	5.37	0.51	5.09	0.92	4.44	2.34	2.70	0.94	5.01	0.87	0.27	**28.46**
75+ years	4.99	0.51	4.52	0.92	3.70	2.34	2.70	0.85	5.01	0.66	0.27	**26.47**
Pregnancy(b,c)												
Trimester 1	9.20	0.68	5.09	1.15	5.73	2.34	3.09	0.85	5.01	0.66	0.27	**34.07**
Trimester 2	9.20	0.68	5.09	1.38	5.92	2.34	3.09	0.94	5.01	0.87	0.27	**34.79**
Trimester 3	9.20	0.68	5.09	1.38	5.92	2.34	3.09	0.94	5.01	0.87	0.27	**34.79**
Lactation(c)	9.59	0.68	6.22	1.15	5.92	2.58	3.09	1.03	5.01	0.87	0.36	**36.50**
Family of Four (d)	27.23	3.06	22.89	4.38	25.52	8.86	12.07	6.37	19.11	4.59	1.70	**135.79**

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Appendix A - NUTRITIOUS FOOD BASKET PRICE REPORT

Contents of the Nutritious Food Basket 1998

DAIRY PRODUCTS

Fluid 2% Milk
Processed Cheese
Cheddar Cheese
Ice Cream

EGGS

Grade A Large Eggs

MEAT, POULTRY & FISH

Round Steak
Stewing Beef
Ground Beef
Pork Loin Chops
Pork Sausage
Weiners
Chicken
Turkey
Canned Salmon

MEAT ALTERNATIVES

Canned Baked Beans
Peanut Butter

CEREAL & BAKERY PRODUCTS

Bread, 60% W.Wheat
Macaroni
Rice
Flour
Corn Flakes
Oatmeal Cookies
Soda Crackers

SUGAR & OTHER SWEETS

Sugar
Strawberry Jam
Honey

CITRUS FRUITS & TOMATOES

Oranges (fresh)
Frozen Orange Juice
Canned Apple Juice
Tomatoes (fresh)
Canned Tomatoes
Canned Tomato Juice

OTHER FRUIT

Apples
Bananas
Canned Applesauce

POTATOES

Potatoes

OTHER VEGETABLES

Cabbage
Carrots
Lettuce
Onions
Vegetable Soup
Canned Corn
Frozen Peas

FATS & OILS

Margarine
Salad/Cooking Oil
Butter

MISCELLANEOUS FOODS

Add 10% of total of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

Appendix B - NUTRITIOUS FOOD BASKET PRICE REPORT 1998

WEEKLY QUANTITIES OF FOOD(a) REQUIRED FOR SPECIFIED AGE-GENDER GROUPS

Age-Gender Group	Dairy Products (litre)	Eggs (no.)	Meat, Poultry & Fish (kg)	Meat Alternatives (kg)	Cereal & Bakery Products (kg)	Citrus Fruit & Tomatoes (kg)	Other Fruit (kg)	Potatoes (kg)	Other Vegetables (kg)	Fats & Oils (kg)	Sugars & Other Sweets (kg)
Child											
1 year	3.25	3.00	0.60	0.05	0.70	0.40	0.80	0.65	1.00	0.10	0.05
2-3 years	3.50	4.00	0.60	0.05	1.10	0.40	0.80	0.90	1.05	0.10	0.05
4-6 years	4.75	4.00	0.75	0.15	1.30	0.75	1.15	1.85	1.20	0.15	0.15
Boy											
7-9 years	4.25	4.00	0.75	0.25	1.70	0.85	1.25	1.55	1.30	0.25	0.30
10-12 years	5.50	4.00	0.80	0.25	1.80	0.85	1.40	1.60	1.60	0.30	0.40
13-15 years	6.00	5.00	0.80	0.25	2.00	0.85	1.70	2.10	1.75	0.35	0.40
16-18 years	6.00	6.00	1.30	0.25	2.30	0.85	1.90	2.50	1.90	0.40	0.45
Girl											
7-9 years	4.25	4.00	0.75	0.20	1.40	0.85	1.25	1.30	1.25	0.20	0.20
10-12 years	5.00	4.00	0.75	0.20	1.60	0.85	1.25	1.40	1.30	0.25	0.30
13-15 years	5.25	4.00	0.80	0.25	1.65	0.85	1.60	1.45	1.70	0.20	0.30
16-18 years	5.25	4.00	0.85	0.25	1.60	0.85	1.60	1.35	1.65	0.20	0.20
Man											
19-24 years	5.50	6.00	1.30	0.25	2.10	0.95	1.90	2.40	1.65	0.35	0.35
25-49 years	4.00	6.00	1.30	0.25	2.10	0.95	1.90	2.90	1.65	0.30	0.20
50-74 years	3.50	5.00	0.95	0.25	1.60	0.95	1.90	1.60	1.65	0.30	0.25
75+ years	3.50	4.00	0.95	0.20	1.65	0.95	1.45	1.40	1.75	0.20	0.20
Woman											
19-24 years	4.25	4.00	1.20	0.25	1.60	0.95	1.40	1.35	1.65	0.20	0.20
25-49 years	3.50	3.00	1.20	0.25	1.40	0.95	1.40	1.15	1.65	0.20	0.15
50-74 years	3.50	3.00	0.90	0.20	1.20	0.95	1.40	1.10	1.65	0.20	0.15
75+ years	3.25	3.00	0.80	0.20	1.00	0.95	1.40	1.00	1.65	0.15	0.15
Pregnancy(b,c)											
Trimester 1	6.00	4.00	0.90	0.25	1.55	0.95	1.60	1.00	1.65	0.15	0.15
Trimester 2	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Trimester 3	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Lactation(c)	6.25	4.00	1.10	0.25	1.60	1.05	1.60	1.20	1.65	0.20	0.20
Family of Four (d)	17.75	18.00	4.05	0.95	6.90	3.60	6.25	7.45	6.30	1.05	0.95

(a) Quantities are for food "as purchased". Food is for preparation of all meals and snacks for a week.
(b) A daily iron supplement is required for pregnant women.
(c) Based on the requirements of a woman 25-49 years old.
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Source: Agriculture and Agri-Food Canada

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